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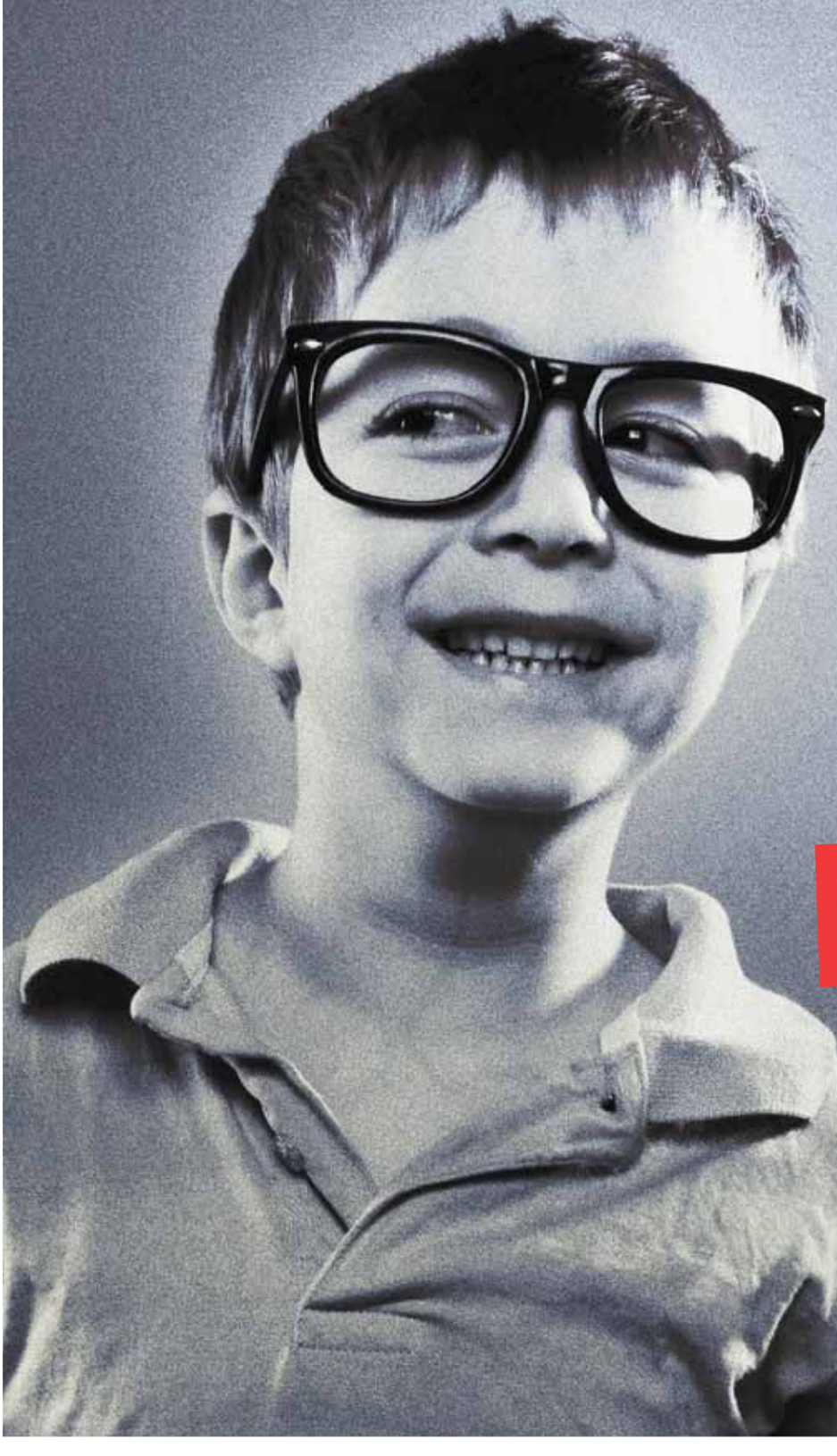

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VITAL SIGNS
SNAPSHOT OF ISSUES AFFECTING TORONTO
{pages 4 & 14-17}

KNOX FREED
COURT THROWS OUT MURDER CONVICTION
{page 12}

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Tuesday, October 4, 2011
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News worth sharing.

New York. Park sit-in

▶ Occupy Wall Street demonstrators stage a march past the New York Stock Exchange dressed as corporate zombies during a protest on Wall Street yesterday. See story, page 29.

EMMANUEL DUNAND/GETTY IMAGES

Zombie walk protests corporate greed

Protestors, speaking out against corporate greed and other issues, carried on their occupation of Zuccotti Park, near the New York Stock Exchange, despite mass arrests over the weekend.

Huge poll points to minority

Main party leaders scrambling in final hours of closest election in quarter century

DECISION ONTARIO

A massive poll of more than 23,000 people in 27 key ridings confirms that Ontario appears headed for a hung Parliament after Thursday's election.

The Forum Research survey — a follow-up to the firm's province-wide poll of 40,750, one of the largest samples in Canadian history — examined battlegrounds and found voters seem reluctant to give any party a majority.

"It's really, really close. It's still deadlocked," Forum president Lorne Bozinoff said yesterday.

The polling data suggests Dalton McGuinty's Liberals, in power since 2003, would have 45 seats, Tim Hudak's Progressive Conservatives would also take 45 seats, with Andrea Horwath's New Democrats holding the balance of power with 17 seats.

A threshold of 54 seats is required for a majority.

"Unless something dramatic happens … this is pretty much how the ridings are going to sort," the pollster said.

Ridings deemed too close to call in the landmark Forum poll published on Sept. 24 were selected and a larger number of voters were contacted.

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This song goes out to all his constituents

DECISION ONTARIO

No trees were harmed in the making of Josh Rachlis's campaign flyer.

The Green Party candidate for Eglinton–Lawrence spent the weekend crafting his promo out of 100 per cent reusable materials — a guitar, hand-held video camera and his own crooning voice.

His "digital flyer" went live yesterday morning.

"Instead of printing my info on a cut-down tree," Rachlis, 38, sings in the video, posted on his YouTube channel, "I wrote this song to spread the word digitally."

The tune — much like the man who penned it — is intentionally silly.

Rachlis, an advertising copy writer by trade and full-time hobby comedian, hopes to bring a bit of humour to politics in his first run for office.

"If you want people to take away what you're saying, you've gotta do it in an interesting way," he says.

TORSTAR NEWS SERVICE

TORSTAR NEWS SERVICE

▶ Josh Rachlis, seen here as superhero enviroman, is a Green candidate in Eglinton–Lawrence riding.

Justice urges revision of conflict laws

If Mayor McCallion can freely advocate for her son's project, the laws are too narrow, report suggests

In the wake of the Mississauga inquiry's conclusion yesterday, a judge is putting pressure on the province, finding "substantial legislative reforms are necessary at the provincial level" to revamp outdated and inadequate laws governing municipal conflict of interest.

On the campaign trail, Liberal leader Dalton McGuinty, who has received Mississauga Mayor Hazel McCallion's support throughout the campaign, wouldn't comment on the report, which centred on the 90-year-old's conduct in a failed real estate deal. With just days to go until Thursday's election, McGuinty said he hadn't had time to read it.

The inquiry report by Justice Douglas J. Cunningham concluded McCallion did have a conflict of interest in pursuing her son's company's project, but not for breaching the laws set out in Ontario's Municipal Conflict of Interest Act (MCIA). TORSTAR NEWS SERVICE

Family business

- During the inquiry, the mayor testified that her son's role had no influence on her view of the project.
- "I would have given the same attention to the project from a person not related to me at all," she said.

Rest. In Greenpeace

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▶ Employees from Excess Energy stand among tombstones symbolizing the thousands of green energy jobs that Greenpeace officials say may be lost in the Greater Toronto Area if the Progressive Conservatives are elected on Oct. 6.

PHOTO COURTESY OF TREVOR WEEKS

For Greenpeace it's a job cremation plan

Greenpeace installed the mock green energy graveyard at Excess Energy's Burlington-based facility to bring attention to Tim Hudak's election pledge to scrap the Green Energy Act, which they say has attracted thousands of jobs to Ontario.

1 news

Look close enough at a college student's Facebook profile, and you might find evidence of a drinking problem. Scan code for story.

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On the web at metronews.ca

Allan Small sees the potential for a market rally during the coming earnings-report season. More at metronews.ca.

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'There are always jobs, but not good jobs'

New Vital Signs report paints picture of uncertain youth employment in Toronto Metro takes to the streets to speak with young people

PHOEBE HO
TORONTO@METRONEWS.CA

It took 23-year-old Matthew Pacheco eight months before he landed a job in his field — even with his BBA and exemplary grades in school.

But this is the reality for much of Toronto's youth, based on findings released today by the Toronto Community Foundation.

According to Toronto's Vital Signs 2011 report, 14.8 per cent of youth from the ages of 15 to 24 are unemployed.

While this may sound grim, it's actually an improvement — down from last year's 18.1 per cent when Toronto had the highest youth-unemployment rate in the country.

This year, Halifax had the highest seasonally unadjusted youth-unemployment rate in the first half of 2011 at 15.2 per cent, topping Toronto.

Metro headed out to see what Toronto's young people had to say.

Report

- Toronto's Vital Signs Report is an annual snapshot of the quality of life in our city.
- This report, released by the Toronto Community Foundation, is a compilation of current statistics and studies.
- Visit tcf.ca for the full 2011 report.

Tough times:

Pacheco's job-search experience is hardly unique among city youth.

Caycie Soke, 23, spent two years dropping off hundreds of resumés before landing a job as a university research assistant.

"It's been hard, especially because rent is so high," she says. "We put up with more than we normally would in a city where it's easier to get a job."

While others have had a little more luck in finding part-time job opportunities, the strenuous job search is still a common story. Moira Richards, 21, found a part-time job within months but says a lot of her friends have been facing tougher times.

"My friends, they feel like little slugs, just not working and not even necessarily enjoying their time off," she says. "Of course it's nice to have a vacation, but they're just discouraged."

Job satisfaction:

The lengthy job hunt sometimes results in fresh grads or students settling for any job they can get.

"To find a job within your field is really hard," says 22-year-old Chezeray Michaud. "I'm probably going to become a machine operator if all the other fields don't work out."

"A lot of my friends can get some jobs here and there, but they rarely get the job they want," adds Lindsay Hepburn. "I was a camp counsellor this summer, which was already a struggle to become."

But Pacheco says what they need are career-oriented opportunities.

"There are always jobs, but not good jobs," he says. "We're not looking for a temporary fix."

A vicious cycle:

While some students are fortunate enough to receive financial support from their family, others have to support themselves through school or end up with student debt after graduation.

"I know my friends are having a lot of money troubles and had to apply for OSAP and are really struggling to get jobs," says Hepburn.

"I studied my bachelor's but ended up dropping out because I didn't have enough money," says Michaud. "So I'm going back to school hopefully in the next year or two."

For more news, visit metronews.ca/toronto

Reader's comments

What do you think the long-term ramifications are if the issue of youth unemployment is not resolved?

Matthew Pacheco
23, CERTIFIED FINANCIAL ANALYST, TORONTO

Higher social assistance, higher unemployment, higher cost for the city because then we have to subsidize their housing and pay them cheques every month. ... The crime rate will probably go up as well due to people not having money — they do what they have to do to get money. But it's going to take time to fix.

Caycie Soke
23, RESEARCH ASSISTANT, TORONTO

Lots and lots of debt. Student loans, credit cards. ... I know a lot of people who live off their credit cards because they don't make ends meet. I know that's a huge problem right now. With the recession, people are living beyond their means.

Chezeray Michaud
22, WAREHOUSE WORKER AND STUDENT, TORONTO

We're going to have a lot more homeless people, and I think there are going to be bigger issues with welfare and employment insurance rates and all that if we don't end up getting it under wraps.

Lindsay Hepburn
19, STUDENT, TORONTO

I think there will be more students who are going to be unemployed and struggling to get through university. I think university is bound to get more expensive as time goes on. Prices are always going up, so I think eventually it's going to become really hard to pay for.

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Iranian banker hiding in Toronto?

Scandal-plagued Mahmoud Reza Khavari has a Bridle Path home registered in his name in the city

An Iranian banker who resigned amid what's described as the largest embezzlement in the country's history is reportedly hiding out in Toronto where a Bridle Path house is registered in his name. Mahmoud Reza Khavari resigned last Tuesday as managing director of Bank Melli.

Iran's largest state-owned bank faces a $2.6 billion US financial scandal which could damage President Mahmoud Ahmadinejad's government.

"If Khavari does not return to Iran, many accusations will be levelled against him," the prosecutor assigned to the scandal, Gholam-Hossein Mohseni-Ejei, was quoted in the state-run Mehr News.

Officials say the fraud involved the use of forged documents to get credit at one of Iran's top financial institutions to buy assets including major state-owned companies. Khavari is among 22 people being sought by the prosecutor, and his bank is accused of facilitating some of the fraudulent payments.

Khavari flew to Canada shortly after his resignation.

His former bank's official statement said he was here for one day on business and was expected back in Iran last Thursday.

Property records show a Bridle Path house on Suncrest Drive is registered in Khavari's name and was bought for $2.925 million in 2007.

TORSTAR NEWS SERVICE

Shutters closed

- All blinds and shutters were closed Saturday evening at the Bridal Path house Mahmoud Reza Khavari is believed to be living in. A man who parked his car in the garage had "no comment" to questions posed. Neighbours said Khavari's wife lives there and that it is his family's home.

Hanging. Out

▶ Howie Mandel stands in Dundas Square yesterday with models Candace Bascoe, Sydney Anderson, Alanna Mezquita and Bronwyn Stanowski who have headlines promoting the Rethink Breast Cancer Boobyball event painted on their chests.

PHOTO BY WILLIAM LEUNG AND GILLIAN PARR

This is the breast idea ever

To create awareness for their 10th Boobyball, an annual event to raise money for Breast Cancer programs being held on Oct. 14, Rethink Breast Cancer is using a different kind of medium to get the word out: Women's breasts. The birthday party-themed event, which sold out in a record five days, also features bouncy castles, cake, balloon animals and more, organizers say.

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In a race to pay rent

Some tenants offering up to six months' advance, or more than condo owners are asking ◆ Two-bedroom units increasingly rare

The market for rental condos is becoming almost as hot as Toronto's resale housing market with bidding wars breaking out among tenants trying to snag prime units.

While some 21,000 units are now under construction in Toronto — 5,707 of them in the downtown core — demand for rental condominiums continues to far outstrip supply, housing experts say.

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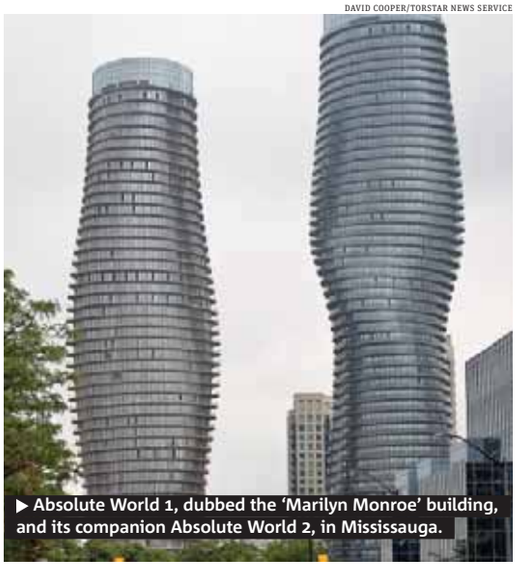
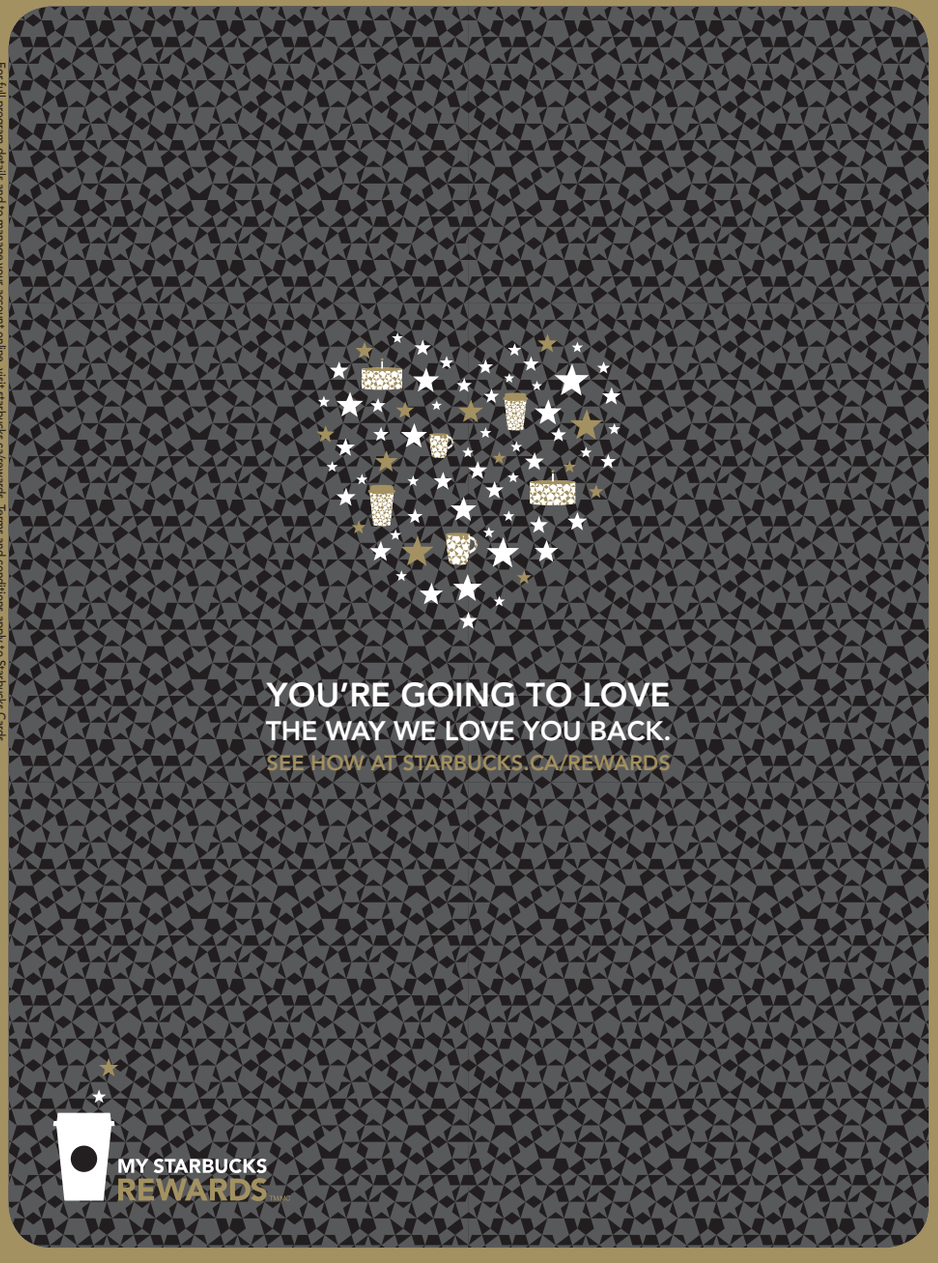
DAVID COOPER/TORSTAR NEWS SERVICE



▶ Absolute World 1, dubbed the 'Marilyn Monroe' building, and its companion Absolute World 2, in Mississauga.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Police chief's budget doesn't make the 'cut'

It appears that Toronto's police chief still has some work to do to find savings for the force's 2012 budget.

Chief Bill Blair met with Mayor Rob Ford yesterday to talk about next year's budget.

Ford came out of the meeting saying he is not budging on his demand that all departments find 10 per cent in savings.

But the budget that Blair will be presenting to his board tomorrow asks for a 1.5 per cent increase.

Blair says he has actually found three per cent in reductions so far through a hiring freeze for 2012, and by reducing the number of management staff by 19, among other things.

10% Blair has said that to find 10 per cent savings, layoffs would be required and he would not recommend that.

Blair said he is continuing to work with the mayor and the city, "respectfully," to find more efficiencies.

Layoffs are "a political decision," Blair said, adding that so far Ford has not called for any.

"I have confidence in the chief and (the police) board that they can the efficiencies that I've asked every department in the city to find," Ford said.

TORSTAR NEWS SERVICE

CARLOS OSORIO/TORSTAR NEWS SERVICE

▶ Bill Blair

News in brief

Best Buy employee stabbed after theft

SUSPECT AT LARGE. Toronto police say a suspect is still on the loose after a stabbing yesterday morning at a downtown electronics store. The incident happened just after 11:30 a.m. at a Best Buy store at Bay and Dundas streets.

Police say a man was trying to steal a number of items from the store and was confronted by an employee. That's when the employee was slashed by the suspect with a knife.

Police say the store worker lost a large amount of blood and was taken to hospital. They are going over surveillance images from the store to identify the suspect.

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DAVE CHIDLEY/THE CANADIAN PRESS

▶ Ontario Conservative Leader Tim Hudak meets Eli Nichol in a tiger costume at a campaign stop in Blenheim, Ont. yesterday.

Not backing down

PC leader Hudak stands by party's controversial flyer
Liberals say it misrepresents content of guidebook

DECISION ONTARIO

Progressive Conservative leader Tim Hudak was unrepentant yesterday about his party's decision to distribute a piece of campaign literature on sex education that the rival Liberals have branded as homophobic.

"I think they reflect (Premier) Dalton McGuinty's out-of-the-mainstream policy ideas to have a sex-ed curriculum that would begin with grade ones," Hudak said during a campaign stop at an elderly couple's home in Amherstburg.

Hudak, who is the father of a four-year-old daughter who started junior kindergarten this fall, said kids in Grade 1 should be learning the alphabet or math instead.

The Tory flyer urges parents to vote against the Liberals for "keeping parents in the dark" about what's taught in schools.

Ontario's sex-ed curriculum teaches "cross-dressing for six-year-olds" and urges that teachers allow students to hold their own gay pride parade in their school, the flyer claims.

The literature paraphrases from a 219-page curriculum resource guide for the 2011 school year that was updated by the Toronto District School Board, covering kindergarten through Grade 12.

But the Liberals say the flyer deliberately misrepresents the content of the guidebook, called "Challenging Homophobia and Heterosexism."

THE CANADIAN PRESS

Guidebook

- The Toronto guidebook recommends schools not send home notes or permission slips before starting any class work on lesbian, gay, bisexual transgendered or queer issues.
- If a school treats sexual orientation or anti-homophobia differently from other curriculum topics "this could be construed as discriminatory practice," the guide concludes.
- It said there should be no accommodations for parents who want their children exempted or for teachers who feel it contradicts their beliefs.

McGuinty says he's disappointed in Hudak

Premier Dalton McGuinty is accusing the Progressive Conservatives of trying to divide voters in the dying days of the Ontario election campaign.

McGuinty attacked PC leader Tim Hudak yesterday for starting the campaign claiming a Liberal tax credit for new Canadians amounted to affirmative action for foreign workers, and digging up another wedge issue the final week.

"It's rather disappointing that Mr. Hudak started off his campaign on a divisive note, now he's winding up his campaign yet again on another divisive note," said McGuinty.

The Tories have been distributing a pamphlet criticizing the Liberals over a Toronto school board guideline on how to teach young kids about homophobia.

The Tory leader is grasping at straws because he doesn't have a plan to create jobs if they win the election, said McGuinty.

The Liberal leader used a theme that worked so well for Prime Minister Stephen Harper in the May 2 federal election: Now is not the time to change leaders in the midst of economic uncertainty. Governments must be willing to invest in companies and to know when to do it, he said.

THE CANADIAN PRESS

Campaign trail

McGuinty started the final week of the election campaign by once again visiting factories that produce components for electric cars, which he sees as a key starting point to build a green energy economy in Ontario and create tens of thousands of new jobs.

FRANK GUNN/THE CANADIAN PRESS

▶ Ontario Liberal Leader Dalton McGuinty greets auto parts workers during a campaign event in Vaughan yesterday.

Horwath prepared to 'deal with' minority

Ontario NDP Leader Andrea Horwath slammed her two main rivals for putting their own desire for power over the needs of voters yesterday, as she reached out to the electorate by suggesting she's the only one who would put their needs first.

"To simply say: 'I want all the power for myself and if I don't get that I'm not prepared to work with anybody else' — it's kind of disrespectful to the people of the province," Horwath said after a campaign event in Brampton. "If they decide that the government is going to be something other than a majority government, then that's something that we're all going to have to handle and deal with."

The NDP are going into Thursday's vote third in the polls, behind what appears to be a virtual dead heat between the Tories and Liberals. If those trends continue, the province could be headed for a minority government with NDP holding the balance of power.

Horwath has declined to say who she'd endorse in that situation, and sidestepped questions on a possible minority throughout the campaign, by saying she'll wait to see what voters decide.

While still touting that position yesterday, Horwath appeared to be opening the door to some form of coalition.

THE CANADIAN PRESS

FRANK GUNN/THE CANADIAN PRESS

▶ Ontario NDP Leader Andrea Horwath arrives for a campaign event in Toronto yesterday.

It's been a while

The last coalition in Ontario was in 1985, when the Liberals came to office as a minority government with support from the NDP in exchange for a pledge to pass certain legislation.

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Amanda Knox freed from prison

Italian appeals court clears the U.S. student of murder conviction
Orders her released immediately

An Italian appeals court threw out Amanda Knox's murder conviction yesterday and ordered the young American freed, a stunning reversal four years after she was jailed for the death of her British roommate.

Reports say she left prison late last night and will fly home to Seattle with her family today.

Knox, 24, collapsed in tears after the verdict overturning her 2009 conviction was read out. Her co-defendant, Italian Raffaele Sollecito, also was cleared of killing 21-year-old Meredith Kercher in 2007.

The eight-member jury acquitted both Knox and Sollecito of murder after a court-ordered review of the DNA evidence linking the two to the crime.

The judge upheld Knox's conviction on a charge of slander for accusing bar owner Diya "Patrick" Lumumba of carrying out the killing. He set the sentence at three years, meaning for time served.

The Kercher family looked on grimly and a bit dazed as the verdict was read out by the judge after 11 hours of deliberations.

Earlier yesterday, Knox tearfully told the court she did not kill her roommate.

"I've lost a friend in the worst, most brutal, most inexplicable way possible," she said.

THE ASSOCIATED PRESS

TIZIANA FABI/GETTY IMAGES

▶ Amanda Knox breaks down in tears at the Perugia court yesterday after hearing the verdict that overturns her conviction for the murder of her British roommate, Meredith Kercher.

U.S. freezes funding, Palestinians claim

Palestinian officials said yesterday that the U.S. has suspended West Bank development projects worth tens of millions of dollars after Congress froze funding to dissuade the Palestinians from seeking UN recognition of an independent state.

It's the first concrete sign of repercussions for the Palestinians' decision to defy Washington on the issue.

Hassan Abu Libdeh, the Palestinian economics minister, said he was informed yesterday by officials of USAID, the U.S. government's foreign aid agency, that two projects — worth $55 million US and $26 million US — were being put on hold for lack of funding.

JOHAN ORDONEZ/GETTY IMAGES

▶ People march through the streets of Guatemala City criticizing the country's support for the creation of a Palestinian state.

Other ministries also reported USAID projects were in jeopardy, including an $85 million US five-year plan to improve Palestinian health services.

USAID officials confirmed some programs were affected by the Congressional hold, but would not give details. "Ongoing programs will continue until funds are exhausted," said one official, who spoke on condition of anonymity because he was not authorized to discuss the matter with the media.

Palestinian officials denounced the move as counterproductive to Mideast peace efforts and said this would not deter them from seeking full UN membership for a Palestinian state.

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45	$16	$13	$23	$17	$33	$22	$57	$38
50	$17	$13	$33	$24	$52	$36	$95	$67
55	$25	$18	$53	$37	$80	$66	$168	$120
60	$37	$26	$86	$59	$160	$110	$310	$212
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A SPECIAL REPORT PRESENTED BY
THE TORONTO COMMUNITY FOUNDATION

TORONTO'S VitalSigns® 2011 Report

TO LEARN MORE, SEE THE TORONTO'S VITAL SIGNS FULL REPORT® AT: **TCF.CA**

Toronto's Vital Signs:

What you need to know about the Report

Toronto's Vital Signs® is a consolidated snapshot of the trends and issues affecting the quality of life in our city. The Report is compiled from current statistics and special studies. Each of the 11 interconnected issue areas is critical to the well-being of our city and its residents.

What you will see on pages 16 and 17 is a condensed version of Toronto's Vital Signs®, specially designed for this publication. For an in depth 360-degree view of the progress we can be proud of and the challenges we all need to address, you can access the full Report at www.tcf.ca. There are more than 300 statistical indicators spread across the 11 issue areas.

Take a tour of the 2011 Toronto's Vital Signs® Report and get connected to some organizations in your city working on solutions on the online Community Knowledge Centre.

Building the City We All Want

People hear "philanthropy" and they think of big-money donors. But some of the most important charitable work being done in Toronto is supported by people from all walks of life—men and women with a little money to give, and a lot of desire to help. The Toronto Community Foundation (TCF) has spent 30 years connecting such people to the good causes that need them.

This is how great communities are built: by bring potential donors and charitable causes together; by making donors aware of the local challenges requiring their help; and finally, by making giving easy. TCF, an independent, public, foundation created for and by the people of Toronto, does all three. Relying on in-depth knowledge of the city in all its forms, TCF now holds more than 325 endowment funds and assets under administration of more than $250 million, making it one of Canada's largest charitable foundations, and putting it in contact with hundreds of concerned Torontonians and high-impact community organizations.

It is the Toronto's Vital Signs® Report that keeps TCF up-to-date on life in Toronto. This report, published annually, identifies the issues affecting city residents. Call it a consolidated snapshot of trends in this city—highlighting both the progress made and the challenges that still need to be addressed.

The Toronto's Vital Signs® Report inspires civic engagement, provides focus for public debate, and guides people who want to direct their time and money to areas of greatest need. It is compiled from current statistics and special studies, looking at eleven interconnected areas critical to the well-being of Torontonians. It is TCF's most valuable tool in understanding the state of Toronto and directing the Foundation's many philanthropic activities.

TCF's donors rely on this knowledge too. They turn to TCF for information, due diligence, and advice on specific charities they're interested in. And when they find the cause best suited to them, TCF helps remove the barriers that typically prevent small donors from reaching the next step. Donors partner with TCF to support their city for the long-term by establishing an endowment fund. It allows them the same degree of involvement and recognition they would get from having a private foundation, but without the 'back-office' and financial stewardship responsibilities. TCF handles that part on the donor's behalf. The donor can focus his or her energies on creating positive change, while the Foundation provides the support and services to make it happen.

TCF brings donors together with private enterprises, government and community partners to create some of Toronto's most innovative programs. Thanks in part to TCF, 'Recipe for Community' can help inner city residents come together and build a crucial sense of belonging, while 'Beyond 3:30' provides high-quality after-school programming—free of charge—to students in some of Toronto's underserved neighbourhoods. And through

Solutions for Our City

Everywhere you turn, there's a good cause worthy of a donation. But resources are finite, and so is your time. The Toronto Community Foundation's online Community Knowledge Centre (CKC) helps you maximize both.

The Community Knowledge Centre (tcf.ca) is the next best thing to visiting a charity in person. Developed in partnership with IBM, it gives you the chance, from your own home, to learn about community organizations doing great work in Toronto. Through pictures, videos and text, you can feel the passion these community groups bring to their work—and assess their results.

The CKC is a natural complement to Toronto's Vital Signs®, TCF's annual report identifying issues affecting city residents. Vital Signs highlights concerns, while the CKC highlights Toronto organizations working on solutions to them. Participation in the website is extended to registered charitable organizations serving

MARILYN BROWNLEE

A group of Tibetan newcomers harvest vegetables from their Greenest City Community Garden plot, as part of their ESL class activities.

TORONTO COMMUNITY FOUNDATION

The Art of Wise Giving™

DANIELLE JESSAMY

Youth from St. James Town take part in a three-on-three game organized by MLSE Team Up Foundation at the launch of the newly refurbished neighbourhood basketball court through "Recipe for Community".

'Arts on Track,' TCF helped transform the TTC's Museum subway station into an art installation in its own right, reimagining what a public space could mean to people. These are but a few examples.

Building a better city means knowing the challenges, assembling change-makers who can find the solutions, and investing to make those solutions happen. This is "The Art of Wise Giving," and TCF has mastered it.

Toronto and its residents. This makes it easy for potential donors like you to connect with these groups and start to contribute.

The process begins when an organization creates its comprehensive Community Knowledge Centre profile. The profile lets you learn all you can about the organization, then decide if it's the one you wish to support. Today, a year after its debut, the CKC has profiles for over 125 charitable organizations.

ArtReach Toronto is one of them. A unique collaborative funding program, ArtReach invests in creative arts initiatives developed by young people between 13- and 29-years old, living in vulnerable communities in Toronto. It has been developed as a low-barrier funding program offering a high level of support to youth organizations and young artists.

Visit ArtReach's profile and you will find more information on its mission; a review of its history and awards won; financial and contact information; and summaries of its programs. The CKC states plainly what areas of need are served by the charity, e.g. youth, people with disabilities, and members of the LGBT community. It also lists the neighbourhoods ArtReach impacts most, along with the areas of concern (as identified in Vital Signs) the organization helps address. Most importantly, the profile tells you exactly how ArtReach will use your donated dollars to advance its good work.

You'll find similar information about a wide variety of other organizations, like Greenest City: a community-based charitable organization that helps build healthy, inclusive neighbourhoods through community gardening and the celebration of food.

Along with the hard facts are the human stories. A quick click on ArtReach's profile, for example, gives you access to testimonials from real Torontonians—young men and women whose lives have been enriched by participating in art through its programs. "What would I be doing if this program wasn't here?" asks one young man. "I can't really answer that on camera."

After only twelve months, the Community Knowledge Centre has already become the 'YouTube of Philanthropy,' making a difference for local charitable organizations and the thousands of Torontonians they help. Visit today and find out how you can make a difference too.

You can be a philanthropist too!

It's not all about the money – it's about creating a better city. Here's what you can do

- Connect with your city by volunteering with the not-for-profit organizations and charities in your neighbourhood on the Community Knowledge Centre (tcf.ca/) or with one of the many city-building initiatives in Toronto, such as the upcoming Ontario Summer Games (http://ontariosummergames.ca/).

- Contribute to the Vital Toronto Fund, the Toronto Community Foundation's community endowment. It's for now — and forever — for our city.

- Establish your own Donor Advised Fund with the Toronto Community Foundation —it's much easier and more cost effective than you think.

Why it matters

The Toronto Community Foundation asked some of Toronto's not-for-profit community leaders to reflect on the Toronto's Vital Signs issue areas and their importance on our city's quality of life. Read what they had to say in "Why it matters" under each issue on pages 16 and 17. To learn more about the organizations, visit their profiles on the online Community Knowledge Centre.

A SPECIAL REPORT PRESENTED BY
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How does the world see Toronto?

We are a model for the world

- We're a top destination pick. We had almost 10 million overnight visitors last year, generating $4.3 million in direct municipal taxes.
- As the top Canadian destination for immigrants, Toronto's immigration levels grew by 11.5 per cent in 2010 after three years of declining numbers.
- Crime rates dropped again for the fourth year in a row in 2010.
- Toronto is the fourth most livable city on the planet according to *The Economist*.
- We are #2 among 26 global cities surveyed by PricewaterhouseCoopers in intellectual capital and innovation, as well as health, safety and security.

Learning

Why it matters:

"Education is broader than numeracy and literacy — it is about acquiring a set of tools that allow us to bounce back from crisis. Without skills, the cycles of poverty and isolation cannot be overcome." — Shelina Karmali, Executive Director, (PEACH) Promoting Education and Community Health

Where we're at:

- The high-school drop-out rate in the Region has dropped by 92 per cent since 1990.
- The 2010 post-secondary completion rate in the Toronto Region is 56.1 per cent higher than in 1990.

Arts and Culture

Why it matters:

"Toronto would not be the vibrant global destination it is today without the arts — they've introduced our city to the world and the world to us; but most importantly, they have introduced us to each other." — Chris McDonald, Executive Director, Hot Docs

Where we're at:

- The arts and culture sector contributes $9 billion annually to the Toronto Region's GDP.
- Culture is a major tourism driver in Toronto, attracting four times as many visitors as sports attractions.

Work

Why it matters:

"Strategies to link employers with immigrant talent need to be implemented if Toronto is going to become the vibrant city we want." — Honey Crossley, Executive Director, Working Skills Centre

Where we're at:

- The Toronto Region continues to earn high marks for labour attractiveness, scoring fourth out of 24 global metropolises on the Toronto Board of Trade's Scorecard on Prosperity (behind London, Paris and Calgary).
- Immigrants were more than twice as likely to be unemployed as Canadian-born workers in the Toronto Region in 2010.

Getting Around

Why it matters:

"A healthy transportation system provides options and is safe and accessible for all road users. City streets need to function both as transportation routes and vibrant destinations." — Nancy Smith-Lea, Coordinator, Toronto Coalition for Active Transportation, Clean Air Partnership

Where we're at:

- The Toronto Region trails 20 other metros with an average commute time of 80 minutes. Over a 40-year career, that adds up to more than 1.5 years just getting to and from work.
- The annual expenditure on public transit averages $338 per capita in the Toronto Region, placing it 15th of 21 metros behind Montreal ($339), Calgary ($381), New York ($703), and London ($1,113).

Getting Started in Toronto

Why it matters:

"The successful integration of immigrants into the labour and social fabric of the city is essential for the city's prosperity. The city's culture is defined by its diversity and its prosperity is fuelled by skilled newcomers." — Mario Calla, Executive Director, COSTI

Where we're at:

- As the top Canadian destination for immigrants, Toronto Region's immigration levels grew by 11.5 per cent in 2010, after three years of declining numbers.
- Underemployment of immigrants costs the economy: if all immigrants were employed at the full level of their qualifications, it would add between $3.4 and $5 billion to the Canadian economy each year, with the largest share in the Toronto Region.

Health and Wellness

Why it matters:

"Healthy citizens help to create strong and thriving communities. As health concerns compound with other problems, the social cost will be enormous." — Karen Letofsky, Executive Director, Distress Centres

Where we're at:

- Only 9 per cent of boys and 4 per cent of girls are meeting the new Canadian Physical Activity Guidelines, which state that children and youth should be moderately to vigorously active for at least an hour per day.
- Obesity levels have increased 20 per cent in Toronto since 2003: 14.2 per cent of Torontonians 18 years or older are obese. That's twice the rate of Vancouver (7 per cent).

Join the conversation:
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TORONTO COMMUNITY FOUNDATION
The Art of Wise Giving™

» Environment

Why it matters:
"Sustainable accessible nature is absolutely central to Toronto's urban environment and uniqueness as a livable urban metropolis. The act of greening and caring for these spaces changes people and inspires communities." — Geoff Cape, Executive Director, Evergreen

Where we're at:
• Toronto is ranked Canada's most sustainable large city for the second year in a row by *Corporate Knights*, getting high marks for reducing greenhouse gas emissions, limiting household waste and local food production and access.
• Half of all Torontonians visit one of our city's 1,500 parks at least once per week; almost 14 per cent make daily visits.

» Housing

Why it matters:
"Access to safe and affordable housing is a basic human right that should be available to all. With the threats of higher cost of living and economic hardship, affordable housing will continue to become more and more a dream than reality for many more families who will be forced to live in substandard conditions." — Neil Hetherington, CEO, Habitat for Humanity Toronto

Where we're at:
• The Toronto Region offers one of the most severely unaffordable housing markets in the world, ranking 75th least affordable among 325 markets surveyed.
• In May 2011, the number of eligible households on the waiting list for social housing stood at 66,460, up 10.4 per cent from May 2010, and a 34.3 per cent increase since 2008.

» Safety

Why it matters:
"Community and public safety is the cornerstone of building strong and vibrant neighbourhoods. A lack of safety diminishes the quality of life for individuals and families, and hinders the development of cohesive communities." — Stephnie Payne, Executive Director, San Romanoway Revitalization Association

Where we're at:
• Crime rates in Toronto dropped again for the fourth year in a row in 2010 to a rate of 5,864 criminal code offenses per 100,000 population. The Toronto Region's total crime rate is still the lowest of any of the 32 metropolitan regions in Canada.
• The majority of high-rise apartment dwellers in Toronto's inner suburbs generally feel safe: only 12 per cent in a recent study felt their building was unsafe.

» Gap Between Rich and Poor

Why it matters:
"The socio-economic health of Toronto requires a vital investment in economic development and poverty reduction. We need to consider the lives and livelihoods of vulnerable Torontonians, on a foundational level, in order to assist to close the gap between the rich and poor." — Barb Gosse, Director, Saving and Asset-Building Initiatives, Social and Enterprise Development Innovations (SEDI)

Where we're at:
• In one year, poverty in Toronto rose 22 per cent and the rate of child poverty was up by more than 43 per cent.
• The average cost of nutritious food for a family of four in Toronto rose to $715/month in 2010. On social assistance, that family would need to spend 37 per cent of its income on food and 69 per cent on rent, leaving minus $133 per month for all other basic needs.

» Leadership, Civic Engagement and Belonging

Why it matters:
"Civic engagement means strong leadership and builds inclusive cities. Involved, connected and engaged residents from all walks of life make for creative communities and a stronger city." — Kevin Lee, Executive Director, Scadding Court Community Centre

Where we're at:
• Two-thirds of Torontonians (65.7 per cent) reported a strong sense of belonging to their local community in 2010, a 6.3 per cent increase from 2009.
• The 2010 municipal election drew out half of Toronto's eligible voters (50.55 per cent) compared to a much lower 39 per cent in 2003 and 2006. 1 in 10 was a first-time vote.

» Each of the organizations profiled above have received support to work on their innovative solutions through the Vital Toronto Fund at the Toronto Community Foundation. Learn more about each of them by visiting their profiles on the online Community Knowledge Centre.

Photo Credits: Greenest City/Tenzin Dolkar, Laura Brown, David Jessamy, Michael Salem, Andrew Weir

But there are cracks appearing…

We need to commit towards a long-term vision in order to build the city we all want

• Toronto is becoming a divided city where one million people in a city of 2.7 million are living in neighbourhoods with declining incomes.

• The youth unemployment rate in the Toronto Region was 22.3 per cent above the national average in 2010.

• For the 80,000 highly skilled, well-educated immigrants who arrive here in search of opportunity, they are twice as likely as Canadian-born to be unemployed.

• For those struggling, the Toronto Region offers one of the most severely unaffordable housing markets in the world.

• Chronic underinvestment in transportation has been identified as the Toronto Region's greatest threat to global competitiveness.

NEW BUDGET MEASURES

Tax credit coming for caregivers

More than 500,000 Canadian families caring for infirm relatives will get a promised tax credit under budget measures to be introduced today.

The move will allow people to claim a tax credit of up to $300 a year, or 15 per cent of the maximum $2,000 a year they can claim in expenses. It applies to those caring for all types of infirm dependent relatives, including spouses, common-law partners and children under the age of majority.

It is expected to cost Ottawa an estimated $160 million by 2012-13, according to the June budget.

The budget bill will also provide an employment-insurance break for some 525,000 small businesses to encourage hiring.

TORSTAR NEWS SERVICE

Two injured in train collision

A man and his wife remain hospitalized after a collision between a pickup truck and a train east of Sarnia, Ont.

Jeffery Tuckey, 44, his wife, Deborah, 43, and their three children, aged eight, nine and 11, were hauling a horse trailer when the collision happened in Warwich Township on Saturday.

The children were treated and released.

The horses and the train crew were uninjured.

Provincial police are investigating.

THE CANADIAN PRESS

Got (breast) milk?

Advocate in Alberta pushes for human-breast-milk bank

HEATHER MCINTYRE
@METRONEWS.CA
METRO CANADA IN EDMONTON

HEATHER MCINTYRE/METRO

▶ Erie Melnychuk poses with two bags of her frozen breast milk.

Support for a human-breast-milk bank in Alberta is growing, and an Edmonton woman is doing what she can to pump it up even more.

Erie Melnychuk, a registered nurse and lactation consultant, began advocating last year and started a petition last week, though she noted it's a hard and long process due to the need for funding, space and government support.

"We would be using the breast-milk bank for preterm babies and if mothers couldn't produce milk," Melnychuk said. "I know there are needs for that."

Natasha Chiam agrees.

"My first son was a preemie so we spent just about three weeks in NCIU," Chiam said. "I was able to pump enough milk for him, but had I not been able to, I would have chosen it over formula."

But Natasha Proulx, mother of one-year-old twins, isn't so sure.

"I tried to nurse and ended up using formula," she said. "I would want any breast milk to come from me, not another mom. I know it's tested but I still might feel uncomfortable."

For now Melnychuk plans to use the petition to continue to garner more support.

Milk sharing

- **There is one human-milk** bank in Canada. It's located in Vancouver.
- **The Petition for Public** Interest in a Human Milk Bank in Alberta, online at petitiononlinecanada.com, had more than 200 signatures yesterday afternoon.
- **The Facebook group** Human Milk 4 Human Babies: Alberta is a popular means for parents to share breast milk.

Late Nobel laureate will keep prize: Committee

The decision to award the Nobel Prize in medicine to Canadian-born cell biologist Ralph Steinman will stand, even though he died of pancreatic cancer three days before the announcement, the Nobel Foundation says.

Steinman, 68, received the award yesterday. The Nobel committee had been unaware of his death on Friday when it announced he would share the prize with two other researchers.

Since 1974, the Nobel statutes don't allow posthumous awards unless a laureate dies after the announcement but before the Dec. 10 award ceremony. However, after an emergency meeting, the Swedish foundation said Steinman would keep the prize.

Steinman, who was born in Montreal, was cited for his research into the immune system at Rockefeller University in New York, where he spent his much of his career.

His discovery dates back to 1973, when he found a new cell type, the dendritic cell, which has a unique capacity to activate T-cells. Those cells have a key role in adaptive immunity, when antibodies and killer cells fight infections. They also develop a memory that helps the immune system mobilize its defences next time it comes under a similar attack.

ROCKEFELLER UNIVERSITY/GETTY IMAGES

▶ Ralph Steinman's research has helped scientists understand why the immune system sometimes attacks its own tissues, paving the way for new vaccines.

Diagnosed with pancreatic cancer four years ago, Steinman devised his own immunotherapy based on his discovery of dendritic cells.

He shares the 10-million kronor ($1.5 million) Nobel Prize with fellow immunologists Bruce Beutler of the United States and Jules Hoffmann of France.

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Radicals suspected in mosque arsons

Most 'price tag' actions occur in West Bank Security on high alert

Arsonists torched a mosque in an Arab village in northern Israel yesterday, setting off protests by residents who clashed with police. Graffiti sprayed at the site suggested Jewish radicals, suspected in other mosque fires, were involved.

Police spokesman Micky Rosenfeld said carpet was burned inside the mosque in Tuba-Zangria and interior walls were damaged. Copies of the Qur'an, the Muslim holy book, were also burned, Israeli media reported.

Israel's prime minister, president and other politicians condemned the attack, as did Jewish religious leaders.

The words "price tag" were spray painted on the mosque, Rosenfeld added — a reference to a Jewish settler practice of attacking Palestinians or the Israeli military in retaliation for government operations or attacks against Jewish settlements.

Army Radio reported that the family name of a settler and his infant son killed last week in a car crash near the West Bank town of Hebron was scrawled on a wall of the mosque.

Israeli police have said Palestinian rock-throwers struck the man in the head, causing him to lose control of the car.

THE ASSOCIATED PRESS

Repeat incident

- The mosque was the third burned since the government destroyed structures in an unauthorized Jewish settlement outpost in the West Bank last month. An Israeli military base was vandalized and threatening graffiti was sprayed at an apartment of a prominent Israeli settlement opponent as well. Jewish extremists are suspected.
- Prime Minister Benjamin Netanyahu denounced the mosque arson, and ordered the Shin Bet internal security agency to act quickly to find the assailants. A text message said he "was fuming when he saw the pictures" and it "ran counter to the values of the state of Israel."

Flower. Festival

▶ Indian vendors sell flower garlands at a wholesale market on the second day of Hindu festival Durga Puja in Kolkata, India, yesterday.

BIKAS DAS/THE ASSOCIATED PRESS

Good overcomes evil

This five-day festival commemorates the slaying of a demon king by the 10-armed, lion-riding goddess Durga, marking the triumph of good over evil.

Billionaire pledges to help reach UN goals

George Soros has pledged $27.4 million to aid development in targeted villages across rural Africa, the billionaire financier said yesterday.

Soros also pledged up to $20 million in loans to support business projects within those villages over five years.

The project's track record has proved its success, said Soros. The Millennium Villages project aims to help 500,000 people in 10 countries across Africa to reach UN development goals.

THE ASSOCIATED PRESS

27.4M **Billionaire George Soros has pledged $27.4 million to aid development in rural Africa through The Millennium Villages project.**

News in brief

Libya names new cabinet

CABINET. Libya's transitional leaders named a new cabinet yesterday, vowing to step down when the country is secure, showing it is moving on even though fighting persists and Moammar Gadhafi remains at large. The announcement was made by the head of the National Transitional Council, Mustafa Abdul-Jalil, and de facto Prime Minister Mahmoud Jibril.

SPENCER PLATT/GETTY IMAGES

▶ Mahmoud Jibril

THE ASSOCIATED PRESS

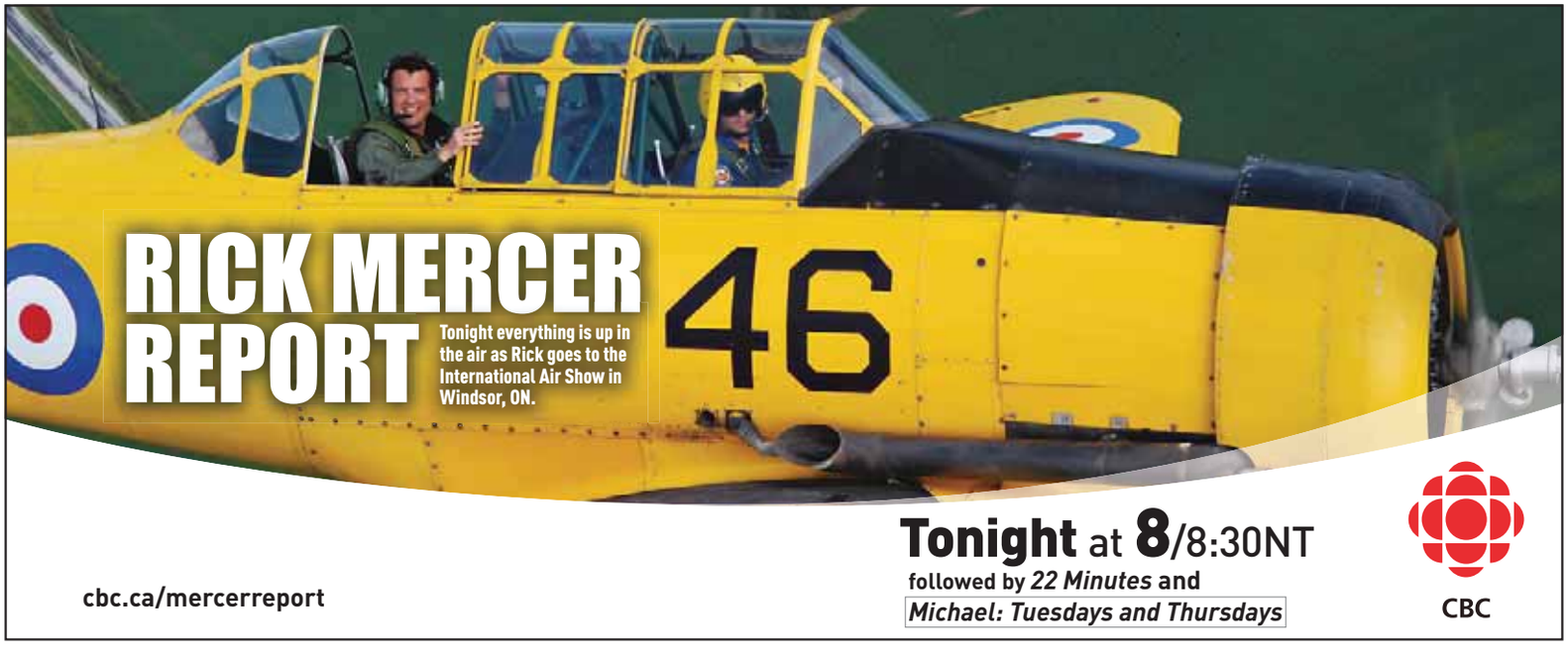
Man sentenced after 12 years

SENTENCE. A British court has sentenced a man to at least 24 years in prison for killing a woman and leaving her body in a suitcase at Heathrow Airport. Police say Yousseff Ahmed Mosalam Wahid, 42, spent 12 years evading police after he murdered 28-year-old Fatima Kama in July 1999.

THE ASSOCIATED PRESS

High stakes in terror case

ACCUSED. The trial of a 24-year-old African accused of trying to bring down an airliner near Detroit with a bomb is no whodunit. Prosecutors have a confession, witnesses, explosive remnants and a video of the man explaining the suicide mission. But, the prosecution of Umar Farouk Abdulmutallab carries high stakes. His failed attack was the first act of terrorism under the Obama administration. It could have implications over whether terrorism suspects are tried in civilian or military courts. THE ASSOCIATED PRESS


RICK MERCER REPORT
Tonight everything is up in the air as Rick goes to the International Air Show in Windsor, ON.
46
cbc.ca/mercerreport
Tonight at 8/8:30NT
followed by 22 Minutes and
Michael: Tuesdays and Thursdays
CBC

Yahoo, ABC News set to join forces

Deal helps network grow its online reach Yahoo News can drive further traffic to its own website

ABC News and Yahoo Inc. are joining to deliver more online news to their audiences. With the deal, ABC News content will be prominently featured on Yahoo News, the most visited news website in the world. It will also show up on Yahoo's front page.

The partnership comes as a growing number of people turn to the Internet for news and other information. The two organizations have a combined online audience of more than 100 million users per month in the U.S. — something ABC News president Ben Sherwood noted was "the size of the Super Bowl audience."

RICHARD DREW/THE ASSOCIATED PRESS

▶ ABC News president Ben Sherwood, left, and Yahoo's Ross Levinsohn in New York yesterday.

For the first time, ABC is launching web-only news series, starting with a live interview with U.S. President Barack Obama by George Stephanopoulos. That launches a series, Newsmakers, with online interviews conducted by Diane Sawyer, Barbara Walters, Katie Couric, Robin Roberts and others.

Though the quality of its journalism is well-regarded, ABC News has suffered from a business standpoint during the past decade because it doesn't have a regular cable partner, the way NBC News has MSNBC and CNBC.

Also part of the deal, Christiane Amanpour will have a web-only series discussing the top international stories of the day and Nightline anchor Bill Weir will do a weekly series on innovations.

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Insects, glorious insects: How

For many around the world, eating insects is part of everyday diet ◐ It's trendy now, seen as eco-friendly source of food ◐ We tried them so you don't have to

ANTHONY JOHNSTON
METRO WORLD NEWS

"Insects are good for you!" the wide-eyed, intrepid-looking chef said, speaking about the food at his restaurant. Whether Daniel Creedon's words are wisdom or folly, insects are creeping onto plates in the Western world. No longer just the preserve of reality shows like "Fear Factor", bugs are the object of culinary curiosity, including at Creedon's Archipelago Restaurant in London, and could be a key, eco-friendly source of nutrition.

Last month, the European Union launched a $4 million project to research the benefits of 'entomophagy' — insect-eating. This followed from a UN food and agriculture report last year, stating that insects can "help to supply the growing demand for protein for both humans and livestock."

What's so great about creepy crawlies? Experts say they're a low-fat, high-protein food compared to ground beef; they're packed with nutrients (caterpillars are full of iron); and their 'foodprint' on the environment is smaller than other edible creatures.

"Insects produce fewer greenhouse gases than cattle," Arnold van Huis, a Dutch scientist promoting bugs as an alternative superfood, told Metro. "Plus, they are more cost-effective in producing meat. For example, crickets convert 1.5 kg of feed into 1 kg of protein, while with beef, you need 13 kg of feed just to get the same amount of meat.

"There's nothing wrong with eating bugs. Why do we find locusts abhorrent while we can eat prawns? Both of these creatures are invertebrates!"

STUART HINE, INSECT EXPERT, NATURAL HISTORY MUSEUM, LONDON

"In the future, we'll need another Earth to sustain our livestock demands, so we need other protein sources," he added.

How bad could bugs be? After all, some 2.5 billion people in Africa, Asia and Latin America eat insects as part of their balanced diet.

Yet some feel our palates will need more persuading if we're to stomach a whole beetle. "If you told your neighbours you ate woodlice this weekend, they would think that you're mad," Stuart Hine, chief insect expert at London's Natural History Museum, told Metro. "For now, eating bugs will be a novelty in the same way as eating shellfish and mollusks is."

Even the chef frying up locusts knows the limits. "I don't want to go over the top as I'm catering for Western tastes," Creedon said. "It wouldn't be pleasant to serve a massive insect that would burst open in your mouth like a grape. We're not here to shock."

▶ The chocolate-covered scorpion: Crunchy on the outside, smooth and chewy on the inside.

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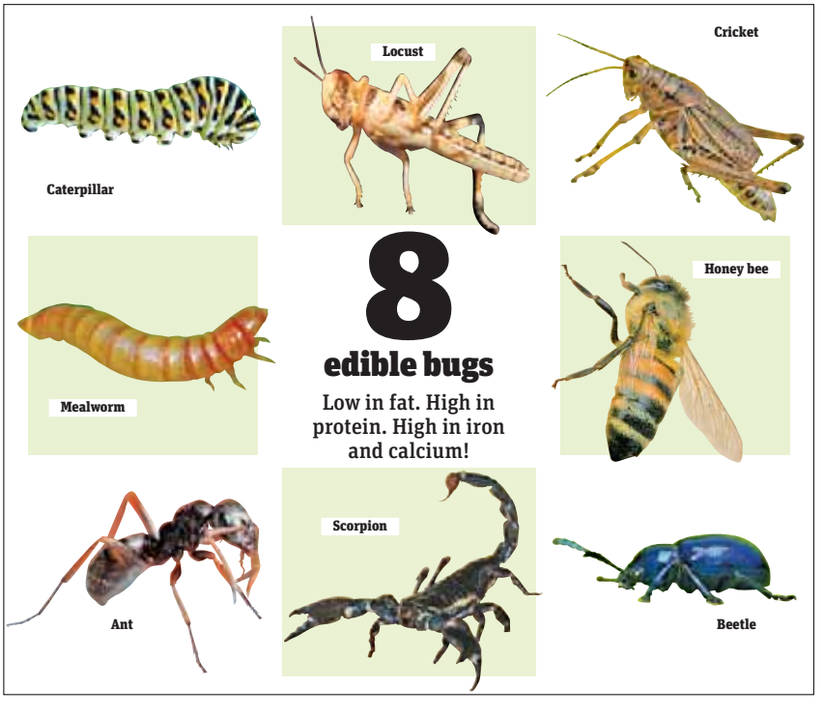
we're eating bugs

ANASTASIA JOHNSTON



ANTHONY JOHNSTON

Review

LOCUSTS TASTE 'A BIT TANGY'

Here comes our first treat at Archipelago — the affectionately named 'Love-bug salad': Spinach and arugula with some locusts and crickets, pan-fried in chili and garlic. The bugs seemed to glisten under the room's spotlight: The luminous yellow and green locusts came with wings, legs and eyes intact. The crickets are black as soot.

'Crunch' — that was the distinct sound and feeling as my teeth got acquainted with the cooked locust. The taste was bitter, a bit tangy. The crickets were crunchier and spicier — maybe they're better at absorbing the sauce.

Then came the honey bee, a drone without a stinger. Glazed in honey, it tasted rather succulent and sweet. I didn't notice the contours of its abdomen as I swallowed.

Before the next dish, our waitress told us that in Africa, to prove you're a real man, you have to swallow a live scorpion. Well, I was in luck as mine was dead and covered in chocolate! Caution: The venom has been removed but the stinger is still attached. Initially, it was crunchy like the others, but it got chewier as I continued — a bit like nougat perhaps. Afterwards, I still found scorpion 'bits' lodged between my teeth.

Toothpick, anyone?

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Thailand. Festival

▶ A devotee of the Jui Tui Chinese shrine, whose cheeks are pierced through with the handles of umbrellas, walks in a procession during the Vegetarian Festival in Phuket, Thailand, yesterday.

APICHART WEERAWONG/THE ASSOCIATED PRESS

Thais celebrate vegetarianism

The Vegetarian Festival, held annually during the ninth lunar month of the Chinese calendar, celebrates vegetarianism with the belief that the sacred rituals bestow good fortune upon those who religiously observe this rite.

Facebook sued over Timeline

Upgrade in beta-testing stage Full public release expected within weeks Now available to developers

A small Chicago website wants to preserve its slice of history, and will take Facebook to court in order to do so.

Timelines.com, which hosts a user-generated, illustrated tour of what happens on this day in human history, claimed in a filing last Thursday in Illinois Northern District Court that Facebook has infringed on its trademarks and threatens its existence with the upcoming Timeline feature.

The problem is with names, not content. Mark Zuckerberg's social media behemoth is set to release a redesigned user profile, renamed Timeline.

Reinstated

▶ At the time the suit was filed, Timelines.com complained that Facebook had removed its page from the social media site, but it has since been reinstated.

Rather than presenting a user's history as a chronological jumble, where each new event and status update bumps off older entries, timeline allows each user to build a page of personal highlights.

"With Timeline, now you have a home for all the great stories you've already shared. They don't just vanish as you add new stuff," wrote Facebook product manager Sam Lessin after the official announcement on Sept. 22.

Timelines.com, which has been around since 2007, says the Facebook buzz comes at the expense of its livelihood.

The trademarks to Timelines and Timelines.com are registered to the Chicago firm.

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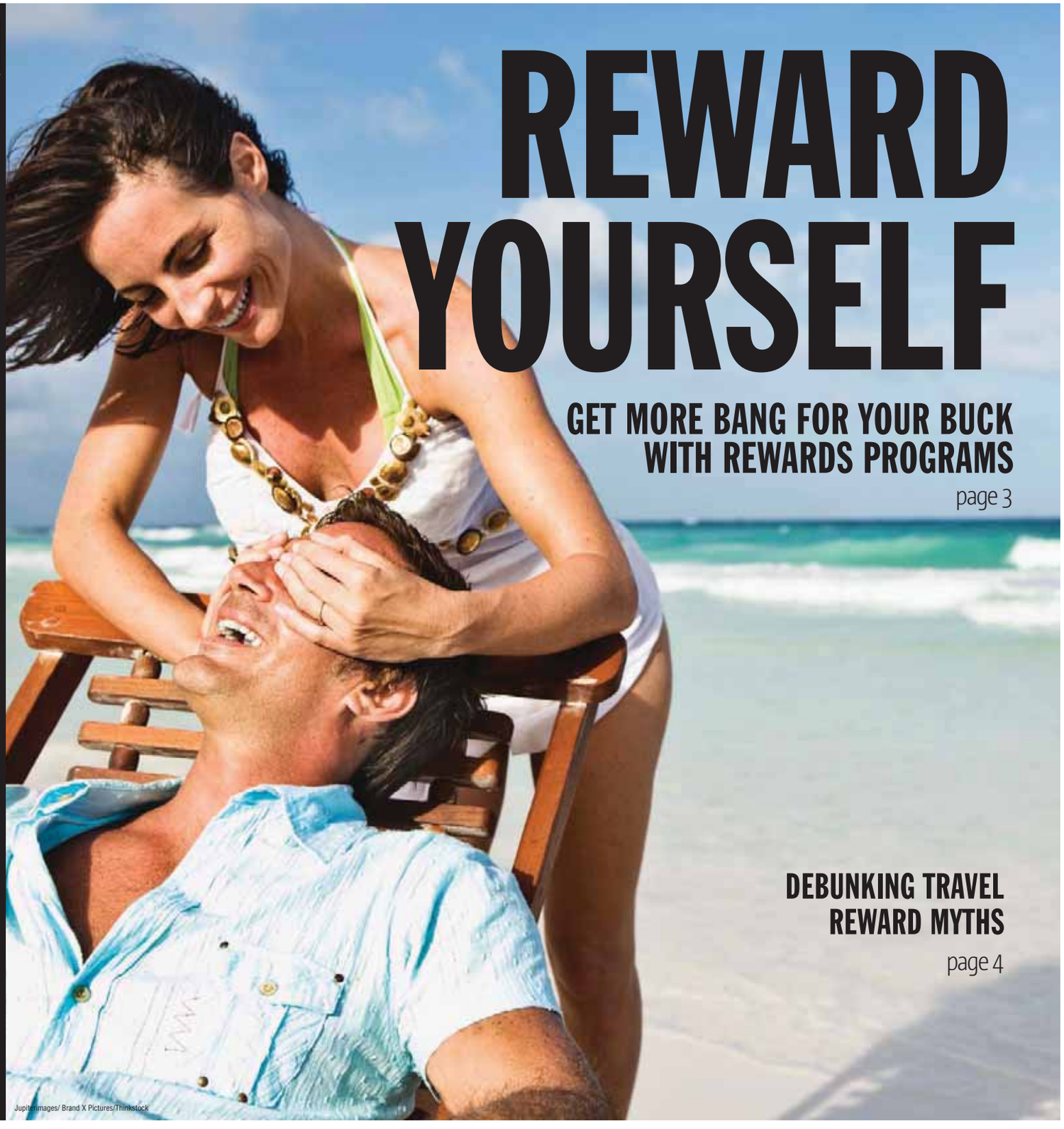


REWARD YOURSELF

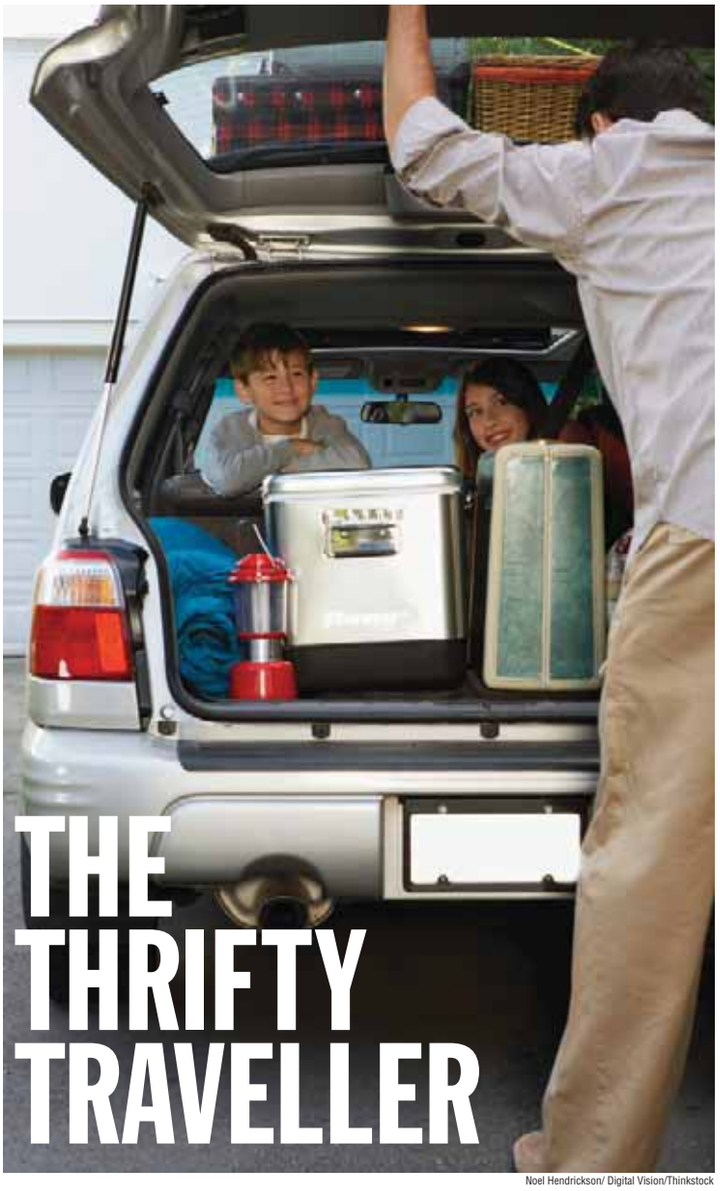
GET MORE BANG FOR YOUR BUCK WITH REWARDS PROGRAMS

page 3

DEBUNKING TRAVEL REWARD MYTHS

page 4

Jupiterimages/ Brand X Pictures/Thinkstock



THE THRIFTY TRAVELLER

Noel Hendrickson/ Digital Vision/Thinkstock

As a family of four (or five, or six), fitting travel into the budget can be low on the priority list. So how can you move travel into the realm of budgetary reality? We asked Carrie Anne Badov, a mother of three children, traveller and blogger for everythingmom.com.

THINK LAST MINUTE

"My husband and I are both self-employed, and if we come across a 'free' week for both of us, we try and take advantage of sales," says Badov. To cash in on deals, Badov uses the TripFlex option on her American Express Gold Rewards Card to pay for last-minute flights. "Then, when my statement comes, I use points to offset that cost," she says. "I can take up to a year after the purchase to use the points for a statement credit to cover the cost of the trip."

EARN POINTS EVERY DAY

With household budgets feeling the pinch from rising fuel and grocery prices, consumers are looking for ways to make their money work for them. "I use my Gold Rewards Card to earn points on things I was going to buy anyway," she says. "And when I'm filling up at the gas station, for example, I'm actually earning double points, which helps stretch my budget further and gets me closer to that family getaway."

FOCUS YOUR SPEND

Earning rewards with several different Cards can make redemption time-consuming and complicated. Consolidate your spending on one or two Cards that offer rewards that fit your lifestyle.

MIX AND MATCH YOUR POINTS

Badov has a Priority Club points card from an international hotel loyalty program, as well as her Gold Rewards Card. "Just recently, I had 10,000 Priority points on my card and for a hotel stay I needed 15,000," she says. "With my Gold Rewards Card, I could transfer some Membership Rewards points into Priority points to make up the difference."

– By Astrid Van Den Broek

DON'T FORGET

It's easier than you think to grow your rewards' points bank — and then to start using them!

Here are a few tips:

- Put all of your spending on one Card and shop at merchants that offer bonus rewards.
- Double dip — use your Rewards Credit Card and a loyalty points card to maximize points you earn.
- Use your preferred rewards Credit Card for all your routine purchases — coffee, gas, groceries — every day. Consider that the American Express Gold Rewards Card lets Cardmembers earn double points on everyday purchases at the gas station, grocery store or drugstore.

A REWARDING LIFE IS IN THE CARDS

When it comes to travel, getting there is half the fun. Here's how rewards points can make all the difference.

Digital Vision/Thinkstock

USE POINTS FOR "EXPERIENTIAL TRAVEL REWARDS"

The Starwood Preferred Guest Card from American Express allows Cardmembers to use their Starpoints to bid on exclusive once-in-a-lifetime experiences through their Moments program. Moments range from celebrity meet-and-greets, VIP tickets to championship sporting events, or exclusive dining experiences.

Hemera/Thinkstock

IF A BIG TRIP ISN'T IN THE CARDS, REWARD YOURSELF WITH CASH BACK

The TrueEarnings Card from Costco and American Express puts cash back into your wallet which you can use towards your monthly bills or a relaxing staycation.

A FLEXIBLE REWARDS CARD MAKES PLANNING SO MUCH EASIER

"With the TripFlex option on the Gold Rewards Card, you can book any travel using our Card and then pay for it with points," says Megan McKee, Director, Rewards and Strategy, American Express.

BANG FOR YOUR BUCK

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MANY REWARD PROGRAMS NOW ALLOW CONSUMERS TO BOOK TRIPS HOW AND WHEN THEY WANT

Patrick Sojka

When Patrick Sojka started RewardsCanada.ca 10 years ago, the travel rewards industry was a lot less competitive.

Today, consumers are increasingly savvy and demand value from their reward programs. Sojka notes a growing trend towards program flexibility. Many rewards programs now allow consumers to book their trips how and when they want.

Sojka says if you want to get the most bang for your buck, be prepared to conduct research to find the Card that can maximize your personal shopping habits and offer you the best options for your preferred methods of travel.

For example, airline-linked programs such as Air Miles and Aeroplan offer more seats but charge more miles for trips. That's not a problem for people rich with miles, but it can be a deterrent for those who accumulate miles slowly.

If you're earning lots of miles, consider a Credit Card tied to the program. American Express offers Cards in partnership with both Aeroplan and Air Miles.

Then put all of your spending on the Card — and pay it off in full every month. Racking up debt to rack up points is an economically unsound plan.

To see how Canada's rewards cards stack up, take a peek at Rewards Canada's 2011 ranking (you can see the full listing at rewardscanada.ca/topcc2011).

– By Jon Tattrie

ON POINT

Jupiterimages/Pixland/Thinkstock

To get the most out of your rewards programs, study up. "You look at your ability to earn in a program and what you want to get out of the program as a reward," says Patrick Sojka.

Air Miles and Aeroplan are the big hitters in Canada, Sojka says, so they're a good entry point for the rewards novice.

Hybrid Cards, like the American Express Gold Rewards Card adds flexibility by allowing you to transfer to a frequent flyer program or pay with points. "You could actually be on vacation, book a tour package, and when you get back home say hey, I'm going to use points to pay for that tour," he says.

WHAT HAPPENS IF...

Ryan McVay/Lifesize/Thinkstock

If you are looking for an exciting experience consider using your points for experiential rewards, says Megan McKee, Director, Rewards and Strategy, American Express. Through our Membership Rewards eligible Cards, our gift card experience partner Samba Days allows Cardmembers to redeem their Membership Rewards points for unique experiences such as wine tours, bungee jumping and skydiving.

REAPING REWARDS

PATRICK SOJKA, CEO AND FOUNDER OF REWARDS CANADA, DEBUNKS SOME OF THE MOST COMMON MYTHS ABOUT TRAVEL REWARDS

iStockphoto/Thinkstock

MYTH: Airline reward cards are not worth having — it's harder and harder to redeem points.
FACT: Most frequent flyer programs have expanded the ability to redeem points/miles for flights. Granted, it can take more miles to get a seat during peak times like Christmas. But the ability to redeem for that seat is now there, whereas five years ago it wasn't.

MYTH: It takes forever to collect enough points to get anywhere.
FACT: While this can hold true for an exotic flight to Kenya, most reward programs have expanded their reward catalogues to include low mileage/point offerings like gift cards and merchandise so that you can redeem sooner. Some programs offer a "cash plus points" option, where you can use a combination of points and cash to book travel.

MYTH: Collecting rewards points makes the most sense for business travellers.
FACT: Although business travellers can earn lots of miles for the flights they take and points for their frequent hotel stays, most loyalty programs offer a credit card in Canada so non-frequent travellers can also take advantage of these programs simply by using their cards for their everyday spending.

MYTH: Cashing in your rewards points can be difficult.
FACT: Flexibility is the key to getting the most from your reward program. If you are hard set and stringent about what you want (i.e., dates) it can be more difficult, although most loyalty programs have opened up their rewards with a sliding scale for the required number of miles/points. The TripFlex option of the Gold Rewards Card offers ultimate flexibility allowing Cardmembers to book any travel on their Cards and call Amex to pay for it with points.

MYTH: There's a time limit on using up rewards.
FACT: It all depends on the program. Some have inactivity rules where if you don't use the program (earn or redeem) within a certain period, you lose the points/miles you've earned, while others have no expiry or inactivity rules. Be sure to check.

MYTH: It's best to use your reward points for international flights only.
FACT: This is not always the case. For example, there are some short-haul routes within Canada that can cost almost as much as a flight to Europe, yet only require a quarter of the miles for a reward ticket.

MYTH: All rewards points are equal.
FACT: This is not true. Each program sets their redemption rates and even earning rates differently. On the rewards side, rates of return on spending/collecting can vary greatly from 0.1 per cent to more than 10 per cent.

MYTH: Rewards points are airline-specific.
FACT: This is somewhat true only for the frequent flyer programs from the airlines. But in many cases, those airlines have multiple airline and hotel partners you can use the points with.

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Closer look at bacteria killer

Federal scientists are reviewing the safety of a key ingredient in some anti-bacterial soap, hand sanitizers, toothpaste and deodorant.

Scientists working with the Chemicals Management Plan said yesterday they are studying triclosan and will produce a draft opinion on the chemical next spring for public feedback. Triclosan is an agent added as a way to kill bacteria.

The Chemicals Management Plan was handed more than half a billion dollars yesterday to continue its work for the next five years. The program separates safe from toxic chemicals in consumer, business and industrial products.

Health Minister Leona Aglukkaq and Environment Minister Peter Kent say the top priorities are assessing the safety of plastics and researching substances such as bisphenol A, flame retardants, and chemicals suspected of affecting hormones.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas	Gold
- 372.00 (11,251.84)	- 0.26¢ (95.14¢ US)	- $1.59 US ($77.61 US)	$3.617 (- 4.9¢)	$1,657.50 (+ $35.40)

Zombies walk Wall Street

Campaign in New York against corporate greed enters its third week

JOHN MINCHILLO/THE ASSOCIATED PRESS

▶ Protesters dressed as corporate zombies march through New York's financial district.

Protesters speaking out against corporate greed and other issues showed no signs of giving up their campaign yesterday, with organizers urging participants to dress up as corporate zombies and to take part in a rally against police brutality.

The arrests of 700 people on Brooklyn Bridge over the weekend fuelled the anger of the protesters camping in a Manhattan park and sparked support elsewhere in the country as the campaign entered its third week.

Occupy Wall Street started with fewer than a dozen college students spending days and nights in Zuccotti Park, a plaza near the city's financial centre. But a day after Saturday's mass arrests, hundreds of protesters were resolute and like-minded groups in other cities had joined in. A map of the country displayed on the plaza identified 21 places where other protests were organized.

Wall-Street style demonstrations with names like Occupy Los Angeles, Occupy Chicago, and Occupy Boston were staged in front of Federal Reserve buildings in those cities. And signs of support were rearing up outside the U.S. In Canada, a Wall Street rally is planned for later this month in Toronto.

Campers rally around a website called OccupyWallSt.org, and they even started printing a newspaper — the Occupied Wall Street Journal.

THE ASSOCIATED PRESS

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THIS BARISTA'S CUP IS STILL HALF FULL

SHE SAYS ...

JESSICA NAPIER
METRO

After high school, I sunk six years and thousands of dollars into post-secondary education. And yet, I managed to learn some of life's greatest lessons from behind the counter at a local coffee shop.

For four years I worked evenings and weekends slinging cappuccinos for $6.25 an hour and actually loved almost every minute of it. Sure my hair permanently smelled of Guatemalan dark roast, but as far as part-time jobs go, being a barista is a pretty good gig. I enjoyed an endless supply of free coffee (an integral component in my scholarly success) and made a series of interesting new friends I might never have met otherwise. And while a large percentage of my fellow employees were the Hipster Barista meme personified, they were always happy to share the last piece of lemon poppy-seed cake or make me a mix CD.

"I taught myself how to identify the exact moment milk starts to burn using only my sense of smell and the caloric value of bran muffins vs. regular (hint: Not as much as you'd like to think). I learned that accessories are a uniformed-employee's best friend and that I can drink exactly three double shots of espresso before experiencing heart palpitations."

I certainly wasn't the best barista in town — my latte art always ended up looking like a Jackson Pollock abstraction rather than a perfectly swirled leaf — but over the course of my coffeehouse tenure, I learned some pretty neat things. I taught myself how to identify the exact moment milk starts to burn using only my sense of smell and the caloric value of bran muffins vs. regular (hint: Not as much as you'd like to think). I learned that accessories are a uniformed-employee's best friend and that I can drink exactly three double shots of espresso before experiencing heart palpitations.

But the most important lesson I learned in those barista years is this: People are pretty rude, especially before they've had a cup of coffee.

They say the customer is always right; this is true about 50 per cent of the time (I'm being generous here). The other 50 per cent of the time you just have to fake it. And so I happily smiled through strings of obscenities and personal insults, apologized when I wasn't at fault and prepared new drinks for those who had ordered incorrectly to begin with.

Working in the coffee shop wasn't really about mastering the roasting scale or brewing techniques; it was about standing on your feet and taking customer abuse for 10 hours a day without letting it crush your soul. Underpaid and overworked, I know just how difficult life can be on the other side of the counter and I'm a better person for it.

Read more of Jessica Napier's columns at metronews.ca/shesays

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Should the sale and distribution of raw milk be legal?

80%
YES. LET CONSUMERS DECIDE

20%
NO. IT'S A HEALTH RISK

Local tweets

- **@jian ghomeshi:** Let sad passing of Nobel Prize winner Dr. Steinmen remind us of all those devoted to scientific research for our benefit. My #Q essay tmrw.
- **@bakerjyorku:** Terrible news. Nobel prize winner dies 3 days before winning the prize.
- **@wkhan416:** Nobel Prize in Physiology or Medicine goes to Canadian-born Ralph M. Steinman. Go Canada Go! #canada #fb #nobel
- **@HeidyMo:** On my way to the fundraiser for Out of Darkness documentary tonight @RevivalBarTO http://ow.ly/6MoOY #Toronto #LeeMaracle in attendance
- **@krystalline_k:** I'm back from #Montreal and I have to say Ontario coffee is weak. It tastes English! #toronto
- **@MarkMcAllGlobal:** Donuts, pizza and pumpkins planned for another whirlwind day on #pcpo campaign trail Tuesday from Ottawa to Vaughan #onpoli #voteon
- **@MrTishman:** Its sad that people think slashing tires and vandalizing cars are acceptable forms of #democratic expression. #stpauls. #onpoli #voteon

Letters

BUYOUTS. One of Toronto's leading employment law experts thinks that Mayor Ford has shot himself in the foot when it comes to containing costs associated with radically downsizing the City of Toronto's workforce.

David Whitten, of the Toronto law firm of Whitten & Lublin, believes the city's recent voluntary buyout program has set a precedent for higher-than-necessary payouts to laid off employees. Under the terms of the voluntary package, eligible employees were offered a guaranteed lump sum.

In all, 700 employees accepted the voluntary package, well short of Mayor Ford's expectations. The mayor has been quoted in the media as saying he believes there are 7,000 too many employees working for the City of Toronto. This means that thousands more employees will likely be laid off in the near future.

The problem is that these new reductions will be more expensive than necessary because Mayor Ford has tilted the negotiating table in favour of employees.

KEVIN MORRISON
TORONTO

Open. Wide

▶ A performer puts his head inside a crocodile's mouth to retrieve some money at Samutprakarn Crocodile Farm in Bangkok.

RICHARD JONES / SINOPIX/REX FEATURES

Photo of the day

The fearless teen slipped his head inside the croc's huge mouth, perilously near two rows of fearsome razor-sharp teeth. It was no mean feat, considering a crocodile's jaw is the strongest of any living animal, including the great white shark.

WEIRD NEWS

Drink your words

If you ever wondered what words taste like, now you're in luck. Misha Volodin from St. Petersburg, Russia, a 30-year-old music-shop clerk by day, disc jockey Morskoiboy by night, spent his after-work hours building a contraption that mixes cocktails by typing on a keyboard.

Metro asked him how it works:

"Behind each of the letter keys is a syringe pump, filled with your choice of liquid. When you press a key, its letter lights up on the screen. But instead of using liquid crystals, as in other electronic displays, my machine's display functions via multicoloured syrups and liquids. Yes, this machine converts words into cocktails.

"Attached in the back of the keyboard, there are slots for the bottles with coloured beverages in them. There are 26 slots altogether, one for each letter of the Latin alphabet. When a syringe stem goes up, liquid is taken from the bottle connected to it. There are 136 tubules inside, equaling about 30 metres of tubes and pipes."

MORSKOIBOY.COM

METRO WORLD NEWS

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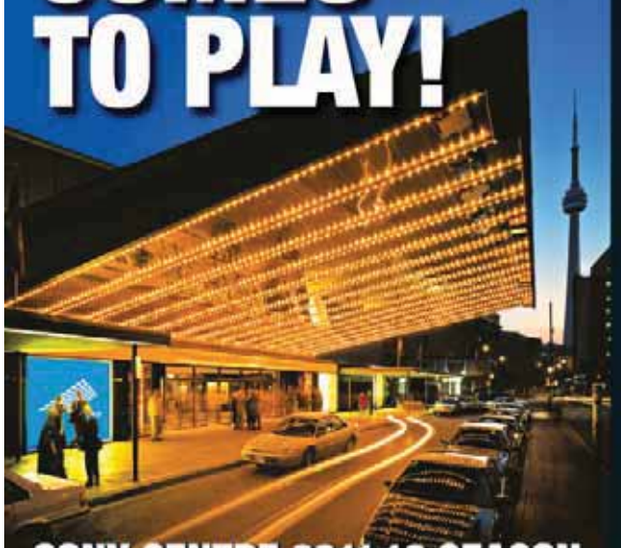

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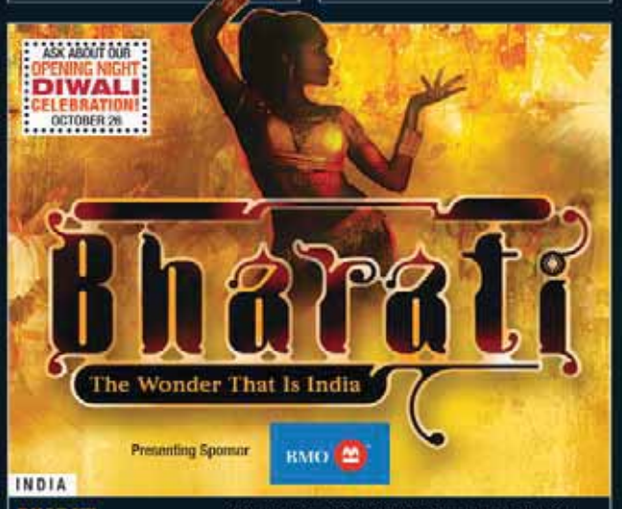

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with the Kitchener-Waterloo Symphony Orchestra
SAT / MAY 12 / 3:30pm & 8pm
Tickets start at $38

A real horror show

FX set to premier American Horror Story ◐ Does this haunting homage have staying power?

HANDOUT

▶ American Horror Story is a new twist on the time-honoured story of an unsuspecting family taking up in a haunted house.

Just when you needed it, the FX network is throwing American Horror Story at you.

To judge from its first two episodes, it's a robust diversion from the real-life droughts and hurricanes, joblessness and political stalemate that were already giving you the willies. It aspires to be The Shining-meets-Rosemary's Baby, with Carrie and Don't Look Now tossed in.

But more than a dead-on horror show, it's a homage to cinematic spookery. And a good one. In short, American Horror Story doesn't really scare you. It just gets in your head. The big unknown: Is it wily enough to stay there, week after week?

Alert: Spoilers coming up — which is another way of saying you might just as well apply the time you'd spend reading this to watching the premiere and then making up your own mind. You'll find it a memorable experience, at least.

From the fertile imaginations of Ryan Murphy and Brad Falchuk (Glee, Nip/Tuck), American Horror Story has a premise that is simple and time-honoured: A haunted house is occupied by a likable, remarkably unsuspecting family.

Ben Harmon (played by Dylan McDermott) is a Boston psychiatrist who has been caught cheating by his wife, Vivien (the wonderful Connie Britton of Friday Night Lights). She already was reeling from a late-term miscarriage. They need to make a fresh start. They and their teenage daughter, Violet (Taissa Farmiga) pull up stakes and head cross-country for Los Angeles.

FX comes to Canada

▶ American Horror Story will air on FX Canada, which will launch on Nov. 1 as a digital service.

"This place is our second chance," Ben tells Vivien, whose forgiveness he desperately seeks — if for no other reason than because she hasn't slept with him for almost a year.

This place, the family's new homestead, is a looming "classic L.A. Victorian from the 1920s," according to the real-estate agent showing them around. But it seems more like a vestige of Monster Chiller Horror Theater, a domicile whose past residents have, of course, died gruesomely.

Sold!

If the elements of this horror story seem second-nature, they take the form of striking imagery that, at times, makes them as unsettling as they are familiar.

The house, restored from its previous ramshackle condition, retains disturbing artifacts upon which the Harmons will stumble. The house also comes with strange neighbours. Jessica Lange plays Constance, a busybody Southern belle with an even more intrusive daughter, Adelaide, who (like Jamie Brewer, portraying her) has Down syndrome.

With his practice set up in the family home, Dr. Harmon's ill-advised first client is a teen psychopath (Evan Peters), who bonds with the Harmons' troubled daughter after they meet in the bathroom, where she's cutting herself.

That's not all the weirdness in store. Did we mention Moira, the longtime housekeeper (played by Frances Conroy, past matriarch of Six Feet Under)? She's the sort of spectral figure who warns these new owners that the house "has a personality; feelings. Mistreat it and you'll regret it."

But Ben sees Moira another way. Spinsterish, middle-aged Moira appears to him as "Moira, Jr." (played by Alexandra Breckenridge), a sexy young temptress with a scanty French-maid outfit and a come-on look.

The premiere dumps a number of major questions on the audience, including the most fundamental: Why do the Harmons stick around in this crazy house?

THE ASSOCIATED PRESS

DVD Releases

Buy it ◍◍◍◍◍ | **Rent it** ◍◍◍◍ | **Borrow it** ◍◍◍ | **Yawn** ◍◍ | **Don't bother** ◍

Fast Five
Genre: Action
Director: Justin Lin
Stars: Vin Diesel, Paul Walker, Dwayne Johnson
◍◍

Fast Five, from director Justin Lin, is imbecilic, illogical and interminable. Oh yeah, it also has a negative side. That would be the lamentable decision to transform this testosterone-injected totem into just another heist series.

It's now a decade and four sequels past the flash of "B" movie brilliance that was the original film, The Fast and the Furious. Remember that one? It was just about the cars, stupid. This time out, with the action shifted to Rio de Janeiro, there are still hot cars, hotter women and

plenty of burnt rubber. The wheels have completely come off this once great idea. ◍ PETER HOWELL

Scream 4
Genre: Horror
Director: Wes Craven
Stars: Neve Campbell, Courteney Cox, David Arquette
◍◍

It has been 15 years since horrormeister Wes Craven and satiric scripter Kevin Williamson first teamed up to reinvent the slasher flick and produced the original Scream. It succeeded in spades by slicing and dicing the genre's clichés. Now comes Scream 4, which hits the mute button on this once-great notion. The sardonic laughs are mostly gone in this wheezing cash cow. The greatest shocks are the ones facing the now middle-aged main actors when they look in the mirror. ◍ PETER HOWELL

2 scene

Scene in brief

The Bluth family's frozen banana stand may be back in business. At an Arrested Development reunion Sunday at the New Yorker Festival, the creators and cast announced plans for a new TV show that spins off the short-lived but critically acclaimed TV show, which went off the air in 2006 after just three seasons. They also discussed more concrete plans for a much-awaited movie. Creator Mitchell Hurwitz said the spinoff will feature nine or 10 episodes focusing on each character and leading up to the movie. The first scene of the movie will be all the characters reunited.
The Fox show, which suffered low ratings despite its rabid fan base, starred Jason Bateman, Michael Cera and Portia de Rossi.

THE ASSOCIATED PRESS

Andy Rooney considers himself lucky as he ends weekly 60 Minutes run after 33 years.

Estes: TV cop meets health food nut

Blue Bloods star Will Estes tracks down bad guys by day, and chills with fresh-pressed juices in spare time

MEREDITH ENGEL
SCENE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

You could say that life's pretty good these days for Blue Bloods star Will Estes.

"I've always loved to be in New York, and I've actually always wanted to play a cop, so this was sort of the culmination of the two for me," he laughs. "If I can't be happy now, there's no hope for me."

Season 2 of the procedural following a family of NYPD officers premiered last month, and Estes tells us his character, Jamie, is going to be taking on some sly new detective work this year. "Early on in the season my character is doing some plainclothes work, trying to see if a bar is serving alcohol to underage minors, and ends up connecting with a guy whose family has connections with organized crime," he says. "It makes me a candidate to try and get closer to an organized crime family, so I'm very looking forward to doing undercover work."

He's also looking forward to more work with his on-screen brother, a Marine-turned-detective played by Donnie Wahlberg.

"I love doing scenes with Donnie because his character's so different than mine," Estes says. "Jamie's a really smart guy. He was lucky enough, smart enough to go to Harvard and graduate with a law degree. He's an interesting counterpoint, I think, to Donnie's character, Danny, [who has a] 'get it done,' humble, bullheaded personality."

Their father and the city's police commissioner is played by Tom Selleck, and Estes says the veteran actor is a a dream to work with. "He's one of the most gracious, professional people that I've ever worked with," he says of Selleck.

Although he plays a bad-guy-busting cop, Estes enjoys a quiet life off the set.

"I'm such a nerd," he says. "I bought this great juicer and I'm making my own juices at home. It's a whole process. I'm kind of a health food nut."

First a cop, next an entrepreneur? "I thought about opening a bar where people could do shots of raw cold pressed ginger. I think half the fun of doing a shot is it's kinda hard to do, and doing a shot of raw cold pressed ginger is just as hard as doing a shot of tequila. I think there might be a market for it."

BLUE BLOODS AIRS FRIDAY NIGHTS ON CTV.

HANDOUT PHOTO

▶ Blue Bloods actor Will Estes says his role as a New York cop in the series Blue Bloods is a dream come true.

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TV picks

Parenthood crush revisited

ROMANTIC RETURN. The cancellation of the sci-fi serial The Event meant star Jason Ritter was free to return to his previous role on Parenthood, as an idealistic English teacher with a sweet spot for Lauren Graham's Sarah.

While the two have been circling one another for the first part of the show's third season, they're set to take their friendship to the next level tonight. Meanwhile, Haddie and Alex grow apart, Crosby and Adam disagree and Drew's first date isn't what he expected. Is it ever? (Citytv, NBC)

New Girl heads to a wedding

INDIE GIRL CHARM. One of the runaway hits of the fall season has been the quirk-a-thon sitcom New Girl, starring doe-eyed film star and indie It Girl Zooey Deschanel.

The show will try to maintain its early momentum with a third instalment tonight, which finds Nick asking Jess to be his date at a wedding because he's worried he'll run into an ex. Natasha Lyonne guest stars. (Citytv, Fox)

THE CANADIAN PRESS

HANDOUT

▶ South Park is now in its 15th season.

South Park still has it

After 15 years, show's creators Matt Stone and Trey Parker stick to the same formula that made it a success

By some accounts, the world was created in six days.

On the other hand, it takes Matt Stone and Trey Parker seven of them to create a South Park episode. But then they get no day of rest before they start on the next episode.

As you're reading this, Matt and Trey and the South Park team are back from their midseason break in their 15th year and are under the gun. The episode they started from scratch last Thursday morning will be finished just hours before it's delivered to Comedy Central for premiering Wednesday at 10 p.m. EDT.

How do they do it? And why do it that way?

Not long ago, while in New York to bask in the triumph of their smash Broadway musical, The Book of Mormon, Matt and Trey took a few minutes to look ahead to the seven episodes of South Park facing them this fall.

"Comedy Central would love it if we did the shows ahead of time," Matt said. "But we just don't work as well that way."

"Our best ones," said Trey, "are always the ones where we come in on Thursday with nothing, and we come up with something and we get this energy — 'Ah, that's funny! That's funny!' — and we roll with it. The other way, we over-think things too much."

"I like the process of getting really excited about an idea on Thursday or Friday," Matt said, "and then there's a whole drama to the week: We jump into it, then on Saturday we go, 'Hmmmm. I don't know about this idea.' And you start questioning it."

"But you don't have a choice," Trey interjected.

"You're trapped!" Matt agreed.

The process — propelled by sophisticated computer software, endearingly raw animation and an abundance of adrenaline — clearly works. After all these years, South Park has lost none of its edge, its scathing truthfulness or aversion to good manners. Nor has it lost the funniness with which it views the world through the eyes of Stan, Kyle, Kenny and Cartman, four bratty, perpetually bundled-up youngsters in an unhinged Colorado cartoon town.

A few months ago, South Park marked its midseason break in an unsettling way: without the shrewdly heartwarming resolution with which most episodes end. Stan had celebrated his 10th birthday, at which point he was consumed by disgust at everything he loved as a nine-year-old. His favourite foods, music, games, friends — he saw them all as crap. Literally. Graphically. With accompanying fart sounds.

His maturing jadedness seemed echoed by the grown-ups in South Park.

"How much longer can we keep doing this?" Stan's mother asked his dad as they confronted their own lives. "Every week, it's kind of the same story in a different way, but it just keeps getting more and more ridiculous."

The episode ended as something of a cliffhanger.

Some South Park fans were alarmed. Viewed in a certain way, the episode seemed to denigrate South Park along with everything else. Were Matt and Trey feeling burned out, or, with the big-time, nine-Tonys-winning success of The Book of Mormon, were they now dismissive of the little cable show that had made them rich and famous?

Goin' down to South Park, did they no longer hope to leave their woes behind?

"We weren't really in that dark of a place," insisted Trey. "But we were feeling those feelings of getting older, and getting a bit more cynical about things."

"We've been doing the show for 15 years," said Matt, "and I turned 40 this year. Trey's 40. That's a weird milestone. So in the episode, Stan's 10 and dealing with his mortality. It was a fun, safe way to talk about really scary (stuff)."

"And we decided to do it with no real ending," said Trey. "South Park always resets at the end. We thought, 'This time, let's DON'T reset.'"

THE ASSOCIATED PRESS

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4. **Nelson Mandela Humanitarian Award** — Dr. Anthony Sterling, Founder, Sterling Dental
5. **Planet Africa Leadership Award** — David Alechenu Mark, President of the Nigerian Senate
6. **Planet Africa Rising Star Award** — SHAD, born Shadrach Kabango, Juno Award Winning Hip Hop Star
7. **Planet Africa Heritage Award** — Vivine Scarlett, Founder & Artistic Director, Dance Immersion
8. **Marcus Garvey Memorial Award** — Courtney Betty, Lawyer, Founder & President, Diversity Business Network
9. **Planet Africa Enterprise Award** — Cosmas Maduka, CEO, Coscharis Group; Auto & Computer Industrialist
10. **Planet Africa Media Award** — Lancelot Oduwa Imasuen, Prolific Nollywood Film Producer and Director
11. **Planet Africa Entertainment Award** — Mark S. Doss, Grammy Award Winning Opera Singer
12. **African Renaissance Award** — Dr. David S. Bassiouni, Chairman & CEO, Bassiouni Group; UN Diplomat
13. **Academic Achievement Award** — Pia Bahile, Journalism Graduate, BMO Scholarship Recipient
14. **Lifetime Achievement Award** — Bishop (Dr.) Audley James, Founder, Revivaltime Tabernacle Ministries
15. **Volunteer of The Year Award** — Detective Constable Don Yirenkyi, York Regional Police; Community Advocate
16. **Sports and Athletics Award** — Devon Harris, Author, Speaker & Jamaican Bobsled Olympian

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Martha does what with the door open?

Stewart's daughter releasing book that has some disturbing revelations

Martha Stewart is getting the "Mommy Dearest" treatment from daughter Alexis Stewart in a new memoir, Whateverland: Learning to Live Here, which will be released later this month.

"Martha does everything better! You can't win!" Alexis writes in the book, according to the Daily Mail.

"If I didn't do something perfectly, I had to do it again. I grew up with a glue gun pointed at my head."

Alexis also makes some startling revelations about the domestic diva's hygiene, revealing that Martha "always peed with the door open," according to the book.

"I remember saying, 'You know, now I have friends over! You can't do that anymore!

"It's gotta stop! My friends' parents don't do it! Give me a break here! I don't feel like being embarrassed! It's exhausting! I'm a kid! Stop!'"

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MARK VON HOLDEN/GETTY IMAGES

▶ Martha Stewart

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Celebrity tweets

@JessicaSimpson

What kind of music would y'all want from me on my next album? Thinking about going back to the studio

@oliviawilde

Auto-correct strikes again. My phone turns "fed" into "F'ed" which is awkward when telling my roommate I gave the dog his food.

@RealRonHoward

Bryce is directing up a storm Even preggers

@AlbertBrooks

Watching Michael Jackson trial. I say O.J. is guilty.

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T.I. performs duet with Taylor Swift

Rapper T.I. has joined country star Taylor Swift in a surprise duet at her concert in Atlanta.

Toward the end of Swift's set on Sunday night, she introduced T.I. by singing the opening chorus of his hit song Live Your Life.

The packed house at Philips Arena screamed once he stepped onstage for the unannounced appearance and started to rap.

The two Grammy winners stood side-by-side as he rapped and she sang a vocal part originally handled by Rihanna. Swift has featured guests ranging from Justin Bieber to Nicki Minaj onstage during her tour.

The Sunday show was a makeup performance for a postponed July show.

T.I. has made several appearances since his release from a halfway house last month following 10 months in federal prison on a probation violation.

THE ASSOCIATED PRESS

NEILSON BARNARD/GETTY IMAGES

▶ Tip 'T.I.' Harris

Justin and Jess can't seem to stay apart

Exes Jessica Biel and Justin Timberlake continue to enjoy spending time together, heading to Las Vegas for a charity golf event Timberlake was taking part in, according to People magazine.

The pair, who split up earlier this year, also made time for dinner with six other friends at Mastro's Ocean Club, where they were spotted "sitting close together" during dinner and leaving together.

METRO

Hurley engaged to cricketer

With her divorce from Arun Nayar finalized in June, Elizabeth Hurley is ready for marriage again.

The actress is now engaged to cricket player Shane Warne, the happy couple confirmed on Twitter.

"Shane Warne has confirmed his engagement to actress Elizabeth Hurley after proposing at the Alfred Dunhill Links Championship," a rep for the golf tournament said in a press release.

Hurley had recently been spotted sporting a massive sapphire ring, which is suspected to be her engagement ring.

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Elizabeth Hurley

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▶ Drinking coffee on a regular basis can keep a smile on your face.

Java keeps you jovial

Harvard study shows coffee drinkers at lower risk of developing depression ◐ So, drink up

CELIA MILNE
LIFE@METRONEWS.CA

Go ahead, be happy. Have a cup of java.

A large study at Harvard set out to find whether drinking coffee was associated with depression, as previous studies had hinted. Results were surprising.

"Regular coffee drinkers have a lower risk of developing depression than non-coffee-drinkers," Dr. Albert Ascherio, professor of epidemiology and nutrition at Harvard University school of public health, told Metro.

Researchers analysed records for 50,739 women who participated in the Nurses' Health Study. None of these women had depression at the start of the study in 1996.

They were asked how much caffeine they consumed, and they were followed until 2006. In that time, there were 2,607 cases of depression.

They compared women who drank one cup of coffee or less per week to those who drank two to three cups per day, and found the latter had a 15 per cent decrease in risk for depression.

And those who drank a whopping four cups a day were at a 20 per cent decrease in risk.

The authors — not wanting women to start drinking copious amounts of coffee helter skelter —note that these results need to be duplicated in other studies.

"Because of its observational design, this study cannot prove that caffeine or caffeinated coffee reduce the risk of depression, but only suggest the possibility of such protective effect," says Ascherio.

What is healthy?

How much coffee is safe for you?

Numbers Health Canada suggests that healthy adults can drink up to three cups of coffee a day.

Trends

Contagion freak out

Steven Soderbergh's Contagion has everyone squirming and itching — and for good reason. The movie's deadly pandemic virus is being backed — not snubbed —by scientists at the CDCP (Centers for Disease Control and Prevention). It's modeled on a fatal South Asian infection, Nipah Virus, known to have migrated from animals to people.
METRO

Scientists shake it up in dance video for McGill cancer research centre. Scan this code to read the story and watch the video.

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Another reason to quit smoking

Cigarettes cause strokes earlier, Ottawa study finds

A new comparison of patients at an Ottawa stroke prevention clinic suggests that those who smoke have strokes or mini-strokes at a younger age than non-smokers.

In fact, the smokers were almost a decade younger when they were referred to the clinic for treatment — with an average age of 58, compared to an average age of 67 for non-smokers.

The researchers stumbled upon the findings in the midst of another study aimed at finding out whether medication would help people quit smoking.

FILE PHOTO/THE CANADIAN PRESS

The study involved 982 people treated at the centre between Jan. 2009 and Mar. 2011.

They were at high risk for stroke after having a mini-stroke known as a transient ischemic attack, a suspected TIA or an actual stroke.

"We started to look carefully at who these people were that were being referred to us who are at high risk for stroke, how old they were, whether they were men or women, where they came from, and that's what led to this surprise finding," said one of the principal investigators, Dr. Mike Sharma, a stroke neurologist at the Ottawa Hospital.

"We compared the characteristics of the smokers to the non-smokers, and much to our surprise, the smokers were having this disease about a decade younger than the non-smokers."

THE CANADIAN PRESS

Best Health Minute

BONNIE MUNDAY, EDITOR-IN-CHIEF, BEST HEALTH MAGAZINE

Family First-Aid Essentials Every year more than 3 million Canadians end up in an ER because of an injury, but many of those visits are unnecessary because the injuries may be minor. Writer Michelle Villett checked with leading experts to find out what the essentials are about some of the basic remedies for a family first-aid kit.

For minor cuts and scrapes: Try Polysporin, Bactroban or Ozonol. These topical ointments contain antibiotic ingredients and treat against minor infections.

For minor burns/sunburns: Try Aspirin, Advil, Aleve or Tylenol. Each have different active ingredients but all work by temporarily blocking the body's production of prostaglandins, which activate pain and fever.

For insect stings and minor skin irritations: Try Life Calamine Lotion with Antihistamine, Benadryl Itch Stopping Cream, Cortoderm Ointment. These relieve symptoms of local inflammation.

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ADVANCING GENERICS

The down side of a downward dog

How does one get through the most unpleasant moments that can kick off in yoga class? We look at what really icks and ticks you off at yoga

ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

According to Devon Spencer-Smith, yoga instructor at the Rise Movement studio in Los Angeles, the best way to deal with an embarrassing incident during yoga class is to laugh it off. Nevertheless, sometimes you aren't in the mood for the whole soul-loving-searching thing.

Ohm or Um

Why it's an issue: Ohm can be a turn off. The humming rhythmic vibration generally leaves first timers either in a fit of giggles, choking or speechless.

"It's what helps you stay focused and aware of your breath," says David Kim, Yoga instructor at the Yoga Works studio in Los Angeles.

Solution: Most people lack self-awareness and are not aware they are too loud. Kim says the teacher should create an environment that minimizes those opportunities.

Unexpected noises

Why it's an issue: Passing wind in public is bad enough. It's even worse when it happens during a silent yoga class.

"If a student passes gas, ignore it or you risk to embarrass them," says Kim. "Some poses trigger the release of gas, especially twists and inversions that upset digestion."

Solution: Avoid eating two to three hours before a class. And relax. Sometimes the anxiety over trying not to fart makes it happen.

The IMN

Why it's an issue: You got there an hour early to secure the best mat spot—and then IMN (irritating mat neighbour) arrives five minutes into the class, puts their mat an inch from yours and blocks your entire view and wedging his toes in your face.

Solution: The teacher should lay down the law.

"It's only fair to have a 15-minute rule, after which the people aren't allowed in," says Kim of his students.

GETTY IMAGES

I'm calm and relaxed. But get off my mat.

Yoga no nos

Never do the following:

1. **Leave your cellphone on.** You know this. How come your neighbour doesn't?
2. **Skip savasana.** People come to yoga class with a gym-like focus. They want to leave once the 'workout' is over and skip the savasana meditation (lying on your back, palms up and eyes closed). This final relaxation pose is very important to restore the nervous system and calm your mind.
3. **Step on someone's mat.** You wouldn't walk on someone's towel at the beach so why would you step on their yoga mat? Only you know where your feet have been.

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Bring on meatball madness

Hey Meatball on College Street offers one of the tastiest comfort foods to emerge out of Italy Try them with spaghetti or in a delicious sandwich

STEPHANIE DICKISON

Meatballs hog the spotlight at Hey Meatball.

LUNCH RUSH

STEPAHNIE DICKISON
FOOD@METRONEWS.CA

Burgers and sausages have been done to death in the city. So leave it to Chef Rodney Bowers (The Citizen, The Rosebud) to make meatballs the latest craze (buh-bye kimchi tacos!).

Vegetarian or meat meatballs are the entire menu today (all ingredients are local and change depend availability).

Lucky for me, I get to try two of the three mains offered today: Pork Meatballs with Tomato Sauce & Spaghetti ($11) and "The RodFather" — Pork & Beef Meatballs on Ciabatta with Cheese and Salad ($11).

Soft, sensuous, creamy meatballs are like no other before them. Tucked into pillowy ciabatta buns or nestled amongst silky noodles, it's no wonder this comfort food is attracting such a crowd (I spot Chef Roger Mooking at the counter). Even the side salad is fascinating — delicate lettuces tossed with fresh corn, kale, apple and radish.

Prediction: Meatball madness will soon take over the city.

Let the lineups begin!

Hey Meatball
719 College St. (near Montrose Ave.)
416-546-1483
heymeatball.ca
Reservations: No
Licensed: No
Co-workers lunch: Yes
Rating: 5 out of 5

NEWS CANADA

Turkey, Apple & Cheddar Hand Pies

Preparation:

1. In bowl, combine turkey, apple, cheddar, green onion and parsley. Divide mix over four tart shells. Brush tart edges with egg and top with remaining shells. Brush with egg and sprinkle with coarse salt. Using tip of knife, make ventilation slits in the top of each.
2. Bake at 400°F (200°C) until pastry is golden and filling is hot and bubbling, about 35 minutes. Let cool for 5 minutes before serving. **NEWS CANADA**

Ingredients:

- 2 cups (500 mL) shredded, cooked turkey
- 1 apple (peeled, grated)
- 1/2 cup (125 mL) grated sharp cheddar
- 1 green onion, sliced
- 1/4 cup (50 mL) chopped parsley
- 16 3–inch (7.5cm) frozen tart shells, thawed
- 1 egg, lightly beaten
- 1/2 tsp (2 mL) coarse salt

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Southern Caribbean
Air + 2 Nights + 7-Night Cruise $999
Carnival Victory, Quality El Portal — + taxes & fees $214
INCLUDES 2 nights Condado Beach area accom, 7-night cruise sailing roundtrip San Juan visiting St Thomas, Barbados, St Lucia, Saint Kitts and St Maarten. Departs Feb 26/ccl/swg/dl. UPGRADE to oceanview stateroom and 4-star Conrad San Juan Condado Plaza for $45 per night.

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Nashville Air + 3 Nights $539
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But now who gets to pick the TV program?

Butlers are wise people but this is a couples problem that only the two of you can resolve.

I would suggest negotiating and playing United Nations in your bedroom. Taking turns every other show or every other day is your choice.

Remember, the nicer you are to your wife, the nicer she will be with you!

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

Date Night

▶ Demi Moore and Patrick Swayze are pictured in a famous scene from the 1990 romantic drama Ghost.

Ideas for your next date

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Create your own Patrick Swayze/Demi Moore moment and craft your own piece of pottery. Skip the messy wet clay by visiting a paint-your-own ceramic studio. Don't forget to sign your piece of "art" for an instant family heirloom.

2 Take a staycation!
Act like a tourist in your own town and hop on a city bus tour. (Note: A couple of cocktails before boarding will make any tour more interesting!)

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Are your home expenses gobbling up all your money?

Home poverty happens when there's decreased household income, typically from unforeseen unemployment or reduced salary. Other times, people overbuy, thinking that an extra $30,000 wouldn't make much difference or perhaps a person signed up for an overly aggressive payment plan.

Home poverty is stressful because there's little money left over for other things like RRSP contributions, home maintenance, car repairs and vacations. It's also cited as one of the leading causes of spousal spats. The key to getting out of home poverty is increasing your cash flow. To do that, you either need to make more money or cut back on your expenses.

To make more; ask for a raise, work overtime, get a second job, open a small business or do some consulting. Don't forget to apply for all applicable government support and tax breaks (cra.gc.ca).

Making more money takes time, so focus on cutting expenses immediately.

If you're in major financial trouble, you need to make major adjustments. Consider selling your home and buying a more affordable one. Rent out rooms or investigate the legal requirements to transition your basement into a rental unit. If you've got two cars, sell one and share the other with your partner. Or, if you're close to mass transit, get rid of your car. If you've signed up for a luxury vacation, cancel it. If you've got Junior in private school, put him in the public system.

Beware Black October

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Ghosts and goblins and stock market bears — oh my! Investors should be aware of October's dark forces. It isn't the worst month historically for the stock market (that honour belongs to September), but it is the month of the most memorable stock market drops (see the table above).

One October market stumble that didn't make the list is what is sometimes referred to as the Asian Flu of 1997, which pulled the market into a crevasse on October 27th, 1997.

It was a stomach churning 508 point, one-day drop of over seven per cent.

Another market crash is the dot-com collapse between early 2000 and late 2002. The overall market decline didn't match that of the previous Black Octobers, but the technology laden NASDAQ was hammered, losing nearly 80 percent over 20 months.

By the time the lengthy technology unwinding officially ended early in October, countless portfolios had been shattered by Nortel, JDS Uniphase, Cisco, WorldCom and on and on.

Another October that doesn't rank in the top eight in terms of declines was in 2007. But it fits with other deadly Octobers since that month was the beginning of the U.S. real estate bubble popping. Pulled down by the housing implosion, the S&P 500 dropped steadily before it came to rest at bottom in March 2009.

What lessons can we learn from the past? There's one that pops to mind. Dollar cost averaging is your best friend. This is the practice of buying regularly over time rather than in lump sums here and there. Don't guess which way the market is going. Don't try to time the market and jump in and out of investments.

If you are happy with the quality of your investments (stocks, exchange traded funds, mutual funds or bonds) then buy them regularly over time and you will smooth out the impact of all those nasty Octobers.

ALISON GRIFFITHS IS THE AUTHOR OF THE UPCOMING BOOK COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

Dark days, indeed

Here are eight memorable stop market drops that top the list for the Dow Jones Industrial Average in the season of the pumpkin.

- **October 1987:** -21%
- **October 1929:** -20%
- **October 1907:** -15%
- **October 2008:** -14%
- **October 1932:** -13%
- **October 1917:** -11%
- **October 1937:** -11%
- **October 1930:** -10%

*All figures rounded

ISTOCK

▶ Alison's money rule: October is often brutal on the stock market but you can protect yourself with smart investing practices.

Easy going to Niagara

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POPQUIZ

I keep reading news about a slowdown in the US economy – should I sell my investments?

A: Money in America? Is that an oxymoron?

B: You should invest! You can't get the ups without going through the downs.

FIND TIPS & TRICKS in Allan Small's Investment Perspectives Column: *Negative news provides a drag on the market.*

This column and more available at Metronews.ca/YourMoney

Find advice on personal investing, financial planning, student money and calculators provided by TD Bank.

Your money section spnsored by: TD

Allan Small
Senior Investment Advisor – DundeeWealth

metro

Solutions for solving your child's math struggle

Homework is getting done but your child is still having trouble in math class According to Brent Davis, a University of Calgary professor, it may be a lack of deep conceptual understanding Experts share success tips

Now that children have settled in to their school year, teachers and parents might be noticing that time spent on math homework doesn't necessarily add up to success.

A Calgary educator suggests that some kids may not be getting the deep conceptual understanding they need.

"One of the things we're finding is teachers tend to have kind of a rich range of interpretations for concepts, but they're not always aware of the range of interpretations they have or that they're using," said Brent Davis, a professor and chair of mathematics education at the University of Calgary.

For example, he said there are at least 12 distinct interpretations of multiplication offered between Grades 1 and 7, "but only one is made explicit: repeated addition, repeated addition, repeated addition."

"So kids also need to be made explicitly aware that it could be understood in terms of area making, in terms of hopping along a number line, in terms of stretching a number line, in terms of scaling, and the list goes on," he explained.

"Teachers are aware of these and use all of them. They just have forgotten that they know them."

At cocktail parties, parents will tell him they liked math or were good at math until about Grade 6.

That jibes with the fact that the big explosion of interpretations around basic operations happens about Grade 5 or 6, he said.

Ron Lancaster, a professor at the Ontario Institute for Studies in Education in Toronto, said he feels strongly that educators need to present math in a different way to kids who don't get it.

He suggested an approach that involves art —for instance studying the work of the late American artist Sol LeWitt.

"Much of his work is very mathematical. That's something that kids could study and learn about, and then end up learning the mathematics through the back door."

In the area of literature, he recommended The Housekeeper and the Professor by Yoko Ogawa.

"It's a great novel that incorporates a lot of mathematics into the story," he said.

Tracy Solomon, a developmental psychologist at the Hospital for Sick Children in Toronto, said she can't emphasize enough that the comfort level of parents when it comes to math will have an impact on their children.

It is "such a shame" when adults transmit to kids a fear or loathing of math, she indicated.

"Math is part of your everyday life," she said. Solomon points out it's helpful to have kids count out cupcakes at the bakery and help to figure out costs at the supermarket checkout.

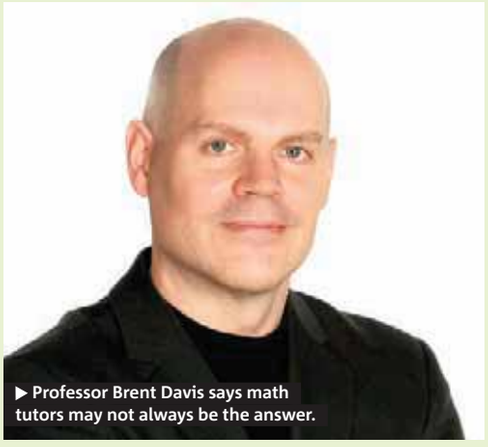
"We all use it and we all have to use it."

Society in general — and a lot of teachers — have a tendency to label kids as being good at math or not, and there has to be a willingness to reach all children, at all times, she said.

Practise is key, and a lot can be done to close the gap between those who enter kindergarten with a familiarity of number, measurement and geometry terms, and those who don't.

THE CANADIAN PRESS

THE CANADIAN PRESS HANDOUT



▶ Professor Brent Davis says math tutors may not always be the answer.

Math tips from the experts

Ron Lancaster, professor at the Ontario Institute for Studies in Education
"There's a field called recreational mathematics that involves some beautiful engaging mathematics, you know, that's really neat and intellectually very strong."

Tracy Solomon, developmental psychologist at the Hospital for Sick Children in Toronto
"[Start at an early age]. For example, you can practise counting tasks with small sets of objects."

Brent Davis, a professor and chair of mathematics at the University of Calgary
"We don't need people who are good human calculators any more, and frankly, as someone who has instructed mathematics at the post-secondary level, people who come from heavily rote-based tutoring are lost in first-year university. They simply are not prepared to grapple with the conceptual complexity of the concepts that arise."

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'KITCHEN SINK' APPROACH TO CONTRACTS OFTEN FAILS

WORKPLACE LAW

DANIEL LUBLIN
DAN@TORONTO-EMPLOYMENTLAWYER.COM
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ISTOCK

▶ Just sign here? Not quite. Understanding employment contracts is the first step for achieving a fair two-way deal.

This is the tale of two recent appeal cases, which together confirm my "Kitchen Sink" theory on employment contracts. That is, employers often bargain for excessive protection, no matter how junior or administrative the employee. However, in seeking such protection, they sometimes get none at all.

In 1992, Tom Mason signed an employment contract with his employer Chem-Trend Ltd., which contained a non-compete clause preventing him from dealing with its customers for one year after he left the company.

Mason did not hear about the contract again until 17 years later when he was suddenly fired.

When Mason learned that companies were hesitant to offer him jobs, fearful that they could be sued due to his non-compete clause, he went to court to ask that it be declared invalid.

An Ontario judge concluded that the clause was clear and that Mason must be bound by what he signed.

Employers collectively sighed in relief since most court cases strike down these clauses based on the courts' interpretation of what is fair, and not what the contract actually states.

Mason appealed and that is exactly what the Ontario Court of Appeal found. Chem-Trend's contract was drafted in a manner that was unfair to Mason and consequently, it was invalid.

Similarly, the Alberta Court of Appeal recently refused to enforce the non-compete clauses in the employment contracts of three traders at the foreign exchange firm Globex.

What is important about this case is not the fact that the contracts were struck down but the Court's ruling that an employee who is wrongfully dismissed should be relieved from complying with post-employment restrictions, such as a non-compete or non-solicit clause regardless of how they are drafted.

If this decision takes root in Canada, employers will be forced to pay fair severance to fired employees or risk having contracts thrown away.

DANIEL LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN LLP.

Clause confusion

A lot of uncertainty surrounding contract clauses can be avoided.

- If a non-solicitation clause can satisfy an employer's legitimate concerns, a non-compete will almost never be enforced, except possibly for the most senior employees.
- The longer the contract is set to apply post-employment, the greater the chances a court will declare it invalid.
- Courts will not rewrite ineffectual contracts by imposing valid terms. Employers are usually given only one chance to draft contracts correctly.

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How not to drive your co-workers batty: Own up to your actions

Failure to take responsibility for actions at work ranked as the No. 1 pet peeve, according to survey

ISTOCK

While this man may not like gossip, the same cannot be said about Canadians, who seem to be more accepting of cubicle-whispering than other countries.

Imagine arriving late for a meeting after ignoring the email outlining the agenda, then tucking into a pungent lunch while loudly relating some juicy gossip about your co-workers.

While you'd surely become the subject of water-cooler chatter yourself, your colleagues might be more inclined to forgive it all if you just own up to your actions, a new survey suggests.

A survey conducted by LinkedIn, a high-profile social network for professionals, found a majority of participants ranked failure to take responsibility for actions as their No. 1 pet peeve in office environments around the world.

Of nearly 17,000 LinkedIn users across 16 countries, 78 per cent said they were driven to distraction by those who refused to hold themselves to account or own up to mistakes — the top issue in every country, LinkedIn said.

Constantly complaining co-workers ranked second on the list of annoyances, followed by those who leave common areas cluttered or dirty.

Considering most employees are most concerned about their own careers, the findings come as no surprise, said LinkedIn spokeswoman Danielle Restivo.

"If someone hasn't taken ownership for their actions, it could affect you in some way," Restivo said.

"That could have an effect on your career, and that's the last thing you want. At the end of the day, that's going to get to you more than a stinky fridge."

Not surprisingly, the prominence of other office irritants varied by country.

Some 58 per cent of Canadian women frowned on revealing office attire, compared with just 26 per cent of men, Restivo said, although respondents in Sweden and Italy were more tolerant.

Peeved off

According to the survey, in terms of sheer numbers of pet peeves, India came out on top, showing a particular dislike for obnoxious cellphone ringtones.

Canadians are also easily bugged by those who show up late for meetings, but more accepting of office gossip than other countries — particularly Brazil, where cubicle-whispering ranked second in the list of national gripes.

Overall, though, Canadian workers appear quick to aggravation, ranking fifth on the list of "most peeved countries," ahead of the United States in eighth place.

THE CANADIAN PRESS

If today's talks fail, NBA may have to cut games

After a lockout that has lasted more than three months, whether the NBA season starts on time could come down to one "very huge day" in labour talks.

Owners and players will be back for a bargaining session in New York City today, knowing if they fail to produce results, there may not be enough time left to avoid cancelling regular-season games.

"A lot of signs point to tomorrow being a very huge day," players' association president Derek Fisher of the Lakers said. "There will be a lot of pressure on all of us in the room, and we'll accept that responsibility and go in and see what we can get worked out."

The sides met in small groups for about five hours yesterday, a session that deputy commissioner Adam Silver said was mainly about "setting the table" for today. While careful not to put too much pressure on today's talks, he and commissioner David Stern made clear there had to be signs of compromise.

"We both understand that if we don't make our best offers in the next few days, we're going to be at the point where we're going to be causing damage to the game, to ourselves, and they're going to be out paycheques," Silver said.

The league locked out players on July 1. Seeking significant changes after saying they lost $300 million US last season, owners want a new salary cap structure and are seeking to reduce the players' guarantee of basketball revenues from 57 per cent, to perhaps 50 per cent or below. THE ASSOCIATED PRESS

Camp is closed

The NBA regular season is scheduled to open Nov. 1.

- Players would have reported to training camps yesterday, but those were postponed and 43 pre-season games scheduled for Oct. 9-15 were cancelled last month.

MIKE EHRMANN/GETTY IMAGES

▶ Texas catcher Mike Napoli, right, appeals to an umpire on a check swing from Tampa Bay's Ben Zobrist last night in St. Petersburg, Fla.

ALDS points back in Rangers' favour

Rays lefty Price drops to 0-6 lifetime against Texas in nine career starts

Back on the road in the playoffs, the Texas Rangers won again.

Colby Lewis outpitched all-star David Price, Mike Napoli hit a go-ahead two-run homer and the defending AL champions survived a shaky night from the bullpen to hold off the Tampa Bay Rays 4-3 last night in Game 3 of their post-season series.

The Rangers' fourth-straight division series road win matches the third-longest streak in major-league history and gives Texas a 2-1 lead heading into Game 4 today. Texas won three ALDS games St. Petersburg, Fla., a year ago, when it eliminated Tampa Bay in five games.

RANGERS	RAYS
4	3

Playing in front of the first sellout at Tropicana Field since opening day, Desmond Jennings hit two solo homers for the Rays. Tampa Bay kept it interesting by scoring twice off Rangers relievers before Neftali Feliz got four outs for his second save of the series.

"It was three of the toughest innings that we experienced all year," Rangers manager Ron Washington said of the late-game drama.

Price was the losing pitcher in two of the Rays' playoff losses in 2010 and welcomed the opportunity to try to redeem himself.

The all-star took a 1-0 lead into the seventh, thanks to Desmond Jennings' fourth-inning homer off Lewis.

But Texas third baseman Adrian Beltre singled leading off the seventh against Price. Napoli then lifted a 2-2 pitch into the seats in left-centre for a 2-1 advantage. Josh Hamilton made it 4-1 with a two-run single off reliever J.P. Howell.

"Napoli has just been — this is the year of the Napoli, man," Rays manager Joe Maddon said. "He is just hot. And he got a pitch." THE ASSOCIATED PRESS

ESPN not ready for some Hitler analogies

ESPN pulled Hank Williams Jr.'s classic intro song from its broadcast of last night's NFL game after the country singer famous for the line "Are you ready for some football?" used an analogy to Adolf Hitler in discussing U.S. President Barack Obama.

In an interview yesterday morning on Fox News' Fox & Friends, Williams said of Obama's outing on the links with House Speaker John Boehner: "It'd be like Hitler playing golf with (Israeli Prime Minister Benjamin) Netanyahu."

Asked to clarify, Williams said: "They're the enemy," adding that by "they" he meant Obama and Vice-President Joe Biden.

"While Hank Williams Jr. is not an ESPN employee, we recognize that he is closely linked to our company through the open to Monday Night Football," ESPN said in a statement. "We are extremely disappointed with his comments, and as a result we have decided to pull the open from (last night's) telecast." THE ASSOCIATED PRESS

RICK DIAMOND/GETTY IMAGES FOR CMT

▶ Hank Williams Jr.

4 sports

Quoted

"We played good in the second half to come back and steal it. We have to play better in the first half, we know that. We have to come out and improve next week."

DETROIT LIONS QUARTERBACK MATTHEW STAFFORD YESTERDAY. DETROIT DUG A 27-3 HOLE AT DALLAS AND CAME BACK TO WIN 34-30 SUNDAY, A WEEK AFTER FALLING BEHIND MINNESOTA 20-0 AND WINNING 26-23 IN OVERTIME. THE 4-0 LIONS ARE THE FIRST TEAM IN NFL HISTORY TO RALLY FROM TWO-STRAIGHT 20-PLUS POINT DEFICITS FOR VICTORIES ACCORDING TO STATS, LLC.

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LEAFS' FINAL CUTS

Zigomanis, Aulie sent to Marlies

The Maple Leafs secured their final roster ahead of the regular season with five cuts yesterday.

The Leafs sent forward Mike Zigomanis and defenceman Keith Aulie down to the American Hockey League's Toronto Marlies.

The team also placed forwards Darryl Boyce and Joey Crabb, and defenceman Matt Lashoff on waivers.

THE CANADIAN PRESS

Leafs limping into opener

Connolly, Kadri have health issues, MacArthur suspended for two games

ANDREW WALLACE/TORSTAR NEWS SERVICE

Rookies Jake Gardiner and Matt Frattin take part in a Leafs pratice yesterday. Both made the team.

Maple Leafs training camp didn't go the way it was supposed to — when does it ever? — with two rookies making the team.

Coach Ron Wilson is already pleading for patience with so many players unavailable for Thursday's opener. It's safe to say the four lines and three defence pairings that begin the season won't be the same ones that end it. They may not even be together at the end of October.

The Leafs will limp out of the starting gate with ailing Tim Connolly "50-50" to face the Canadiens, Nazem Kadri on the injured list with a bum knee and Clarke MacArthur suspended for the first two games.

"We're going to have to be patient ... and everybody else outside our team is going to have to be patient," said Wilson.

With Connolly hurt and iffy for Thursday, Tyler Bozak — just back from an injury himself — practised between Joffrey Lupul and Phil Kessel on a line that was supposed to be the club's best last season but struggled.

"If that's the line on Thursday night and they don't have a great game, that doesn't mean we're going to change the line," said Wilson. "We've got to be patient and allow them to grow together."

The defence is faster with John-Michael Liles quarterbacking the power play and speedy rookie Jake Gardiner winning a spot.

The goaltending? Well, if James Reimer can do what he did in the second half last year, the Leafs should at least hold their own.

"A couple of key people are out," said Wilson, on the final year of his contract and under the gun to get off to a quick start. "When we're healthy up front, get a full lineup, I like our balance."

So there is optimism, if muted.

"Injuries are part of the game and good teams know how to deal with injuries, suspension, guys coming in and out of the lineup," said captain Dion Phaneuf.

TORSTAR NEWS SERVICE

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• Study starts on Monday, October 11, 2011 – 2 sessions with 4 short return visits per session.
• Compensation is up to $1440 for completing the entire study.
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AMERICAN LEAGUE

N.Y. YANKEES (E) VS. DETROIT (C)
(Series tied 1-1)
Last night's result
N.Y. Yankees at Detroit
Sunday's result
Detroit 5 N.Y. Yankees 3
Tonight's game
N.Y. Yankees (Burnett 11-11 or Hughes 5-5) at Detroit (Porcello 14-9), 8:37 p.m.
Thursday's game
x-Detroit at N.Y. Yankees, 8:07 or 8:37 p.m.
TEXAS (W) VS. TAMPA BAY (WC)
(Texas leads series 2-1)
Yesterday's result
Texas 4 Tampa Bay 3
Tonight's game
Texas (Harrison 14-9) at Tampa Bay (Hellickson 13-10), 2:07 p.m.
Thursday's game
x-Tampa Bay at Texas, 5:07 or 8:07 p.m.

NATIONAL LEAGUE

PHILADELPHIA (E) VS. ST. LOUIS (WC)
(Series tied 1-1)
Sunday's result
St. Louis 5 Philadelphia 4
Today's game
Philadelphia (Hamels 14-9) at St. Louis (Garcia 13-7), 5:07 p.m.
Tomorrow's game
Philadelphia at St. Louis, 6:07 or 8:07 p.m.
Friday's game
x-St. Louis at Philadelphia, 8:07 or 8:37 p.m.
MILWAUKEE (C) VS. ARIZONA (W)
(Milwaukee leads series 2-0)
Sunday's result
Milwaukee 9 Arizona 4
Tonight's game
Milwaukee (Marcum 13-7) at Arizona (Collmenter 10-10), 9:37 p.m.
Tomorrow's game
x-Milwaukee at Arizona, 8:07 or 9:37 p.m.
Friday's game
x-Arizona at Milwaukee, 5:07 or 8:07 p.m.
x — if necessary.

CALENDAR

Oct. 19 — World Series begins, city of NL champion.
October-November — Free agent period to sign exclusively with former teams, first five days after World Series ends.
Nov. 14-15 — General managers' meetings, Milwaukee.
Nov. 15-16 — Owners' meetings, Milwaukee.
Nov. 23 — Last day for teams to offer salary arbitration to their former players who became free agents.
Dec. 5-8 — Winter meetings, Dallas.
Dec. 7 — Last day for free agents offered salary arbitration to accept the offers.
Dec. 11 — Collective bargaining agreement expires.
Dec. 12 — Last day for teams to offer 2012 contracts to unsigned players.
2012
Jan. 5-15 — Salary arbitrating filing.
Jan. 18 — Exchange of salary arbitration figures.

RANGERS 4, RAYS 3

Texas	ab	r	h	bi	Tampa Bay	ab	r	h	bi
Kinsler 2b	4	1	1	0	Jnnngs lf	4	2	2	2
Andrus ss	4	0	2	0	BUpton cf	2	0	0	0
JHmltn lf	4	0	1	2	Longori 3b	3	0	0	0
MiYong dh	4	0	0	0	Joyce rf	3	0	0	0
ABeltre 3b	4	1	1	0	Damon dh	4	1	1	0
Napoli c	3	1	2	2	Zobrist 2b	4	0	1	0
N.Cruz rf	4	0	0	0	Ktchm 1b	4	0	1	0
MorInd 1b	4	0	0	0	Jaso c	2	0	0	0
Gentry cf	3	1	2	0	SRdrgz ph-ss	2	0	1	1
Brignc ss	1	0	0	0					
Fuld ph	1	0	0	0					
Shppch c	1	0	0	0					
Totals	**34**	**4**	**9**	**4**	**Totals**	**31**	**3**	**6**	**3**

Texas	**000**	**000**	**400**	**4**
Tampa Bay	**000**	**100**	**110**	**3**

DP—Texas 1. LOB—Texas 7, Tampa Bay 6. 2B—Kinsler (2). HR—Napoli (1), Jennings 2 (2). SB—Kinsler (1), Napoli (1), Gentry 2 (2), B.Upton (1). CS—Gentry (1), B.Upton (2).

Texas	IP	H	R	ER	BB	SO
C.Lewis W,1-0	6	1	1	1	2	6
D.Oliver H,2	1-3	3	1	1	0	0
Ogando H,2	2-3	0	0	0	0	0
M.Adams H,2	1-3	1	1	1	3	0
M.Gonzalez H,1	1-3	0	0	0	0	1
Feliz S,2-2	1 1-3	1	0	0	0	1
Tampa Bay						
Price L,0-1	6 2-3	7	3	3	1	3
B.Gomes	0	0	1	1	2	0
Howell	0	1	0	0	0	0
J.Cruz	1 1-3	0	0	0	1	1
Jo.Peralta	1	1	0	0	0	0

T—3:51. A—32,828 (34,078) at Tampa, Fla.

SUNDAY

CARDINALS 5, PHILLIES 4

St. Louis	ab	r	h	bi	Philadelphia	ab	r	h	bi
Furcal ss	5	0	2	1	Rollins ss	4	2	3	0
Craig rf	4	1	1	0	Utley 2b	1	1	0	0
MBggs p	0	0	0	0	Pence rf	3	1	1	1
Rhodes p	0	0	0	0	Howard 1b	4	0	1	2
Motte p	0	0	0	0	Victorn cf	4	0	0	0
Pujols 1b	5	0	2	1	Ibanez lf	4	0	1	1
Brkmn lf	4	1	1	0	Polanc 3b	4	0	0	0
Freese 3b	4	0	1	0	Ruiz c	4	0	0	0
Rzpczy p	0	0	0	0	Cl.Lee p	2	0	0	0
Chamrs rf	1	0	0	0	Lidge p	0	0	0	0
YMolin c	3	1	1	0	Gload ph	0	0	0	0
Theriot 2b	4	2	2	1	BFrncs ph	1	0	0	0
Jay cf	3	0	2	2	Bastrd p	0	0	0	0
Crpntr p	1	0	0	0	Worley p	0	0	0	0
Punto ph	1	0	0	0	Madson p	0	0	0	0
Salas p	0	0	0	0					
Schmkr ph	1	0	1	0					
Dotel p	0	0	0	0					
Descals 3b	0	0	0	0					
Totals	**36**	**5**	**13**	**5**	**Totals**	**31**	**4**	**6**	**4**

St. Louis	**000**	**301**	**100**	**5**
Philadelphia	**310**	**000**	**000**	**4**

DP—St. Louis 1, Philadelphia 2. LOB—St. Louis 9, Philadelphia 4. 2B—Freese (1), Theriot 2 (2), Rollins 2 (2). 3B—Furcal (1), Craig (1). SB—Rollins (1). CS—Pujols (1), Rollins (1). S—Descalso.

St. Louis	IP	H	R	ER	BB	SO
C.Carpenter	3	5	4	4	3	2
Salas	2	0	0	0	0	2
Dotel W,1-0	1 1-3	0	0	0	0	2
Rzepczynski H,1	2-3	1	0	0	0	0
M.Boggs H,1	1-3	0	0	0	0	0
Rhodes H,1	1-3	0	0	0	0	1
Motte S,1-1	1 1-3	0	0	0	0	1
Philadelphia						
Cl.Lee L,0-1	6	12	5	5	2	9
Lidge	1	0	0	0	1	0
Bastardo	2-3	0	0	0	1	1
Worley	1-3	0	0	0	0	0
Madson	1	1	0	0	0	2

T—3:22. A—46,575 (43,651) at Philadelphia.

NFL

WEEK FOUR

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Buffalo	3	1	0	.750	133	96
New England	3	1	0	.750	135	98
N.Y. Jets	2	2	0	.500	100	95
Miami	0	4	0	.000	69	104

SOUTH

	W	L	T	Pct	PF	PA
Houston	3	1	0	.750	107	70
Tennessee	3	1	0	.750	88	56
Jacksonville	1	3	0	.250	39	85
Indianapolis	0	3	0	.000	46	84

NORTH

	W	L	T	Pct	PF	PA
Baltimore	3	1	0	.750	119	57
Cincinnati	2	2	0	.500	80	74
Cleveland	2	2	0	.500	74	93
Pittsburgh	2	2	0	.500	64	72

WEST

	W	L	T	Pct	PF	PA
San Diego	3	1	0	.750	91	85
Oakland	2	2	0	.500	111	113
Denver	1	3	0	.250	81	111
Kansas City	1	3	0	.250	49	126

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Washington	3	1	0	.750	83	63
N.Y. Giants	3	1	0	.750	102	87
Dallas	2	2	0	.500	99	101
Philadelphia	1	3	0	.250	101	101

SOUTH

	W	L	T	Pct	PF	PA
New Orleans	3	1	0	.750	127	98
Tampa Bay	2	1	0	.667	60	60
Atlanta	2	2	0	.500	90	105
Carolina	1	3	0	.250	89	102

NORTH

	W	L	T	Pct	PF	PA
Green Bay	4	0	0	1.000	148	97
Detroit	4	0	0	1.000	135	76
Chicago	2	2	0	.500	94	98
Minnesota	0	4	0	.000	77	96

WEST

	W	L	T	Pct	PF	PA
San Francisco	3	1	0	.750	94	75
Seattle	1	3	0	.250	58	97
Arizona	1	3	0	.250	86	87
St. Louis	0	4	0	.000	46	113

Last night's result
Indianapolis at Tampa Bay
Sunday's results
Atlanta 30 Seattle 28
Baltimore 34 N.Y. Jets 17
Chicago 34 Carolina 29
Cincinnati 23 Buffalo 20
Detroit 34 Dallas 30
Green Bay 49 Denver 23
Houston 17 Pittsburgh 10
Kansas City 22 Minnesota 17
New England 31 Oakland 19
New Orleans 23 Jacksonville 10
N.Y. Giants 31 Arizona 27
San Diego 26 Miami 16
San Francisco 24 Philadelphia 23
Tennessee 31 Cleveland 13
Washington 17 St. Louis 10

CFL

WEEK 15

All Times Eastern

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	13	8	5	0	406	323	16
Winnipeg	13	8	5	0	317	309	16
Hamilton	13	7	6	0	378	356	14
Toronto	13	3	10	0	263	371	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Calgary	13	8	5	0	364	348	16
B.C.	13	7	6	0	367	273	14
Edmonton	13	7	6	0	312	317	14
Saskatchewan	13	4	9	0	275	385	8

Friday, Oct. 7
Winnipeg at Hamilton, 7:30 p.m.
Saturday, Oct. 8
Calgary at B.C., 10 p.m.
Monday, Oct. 10
Toronto at Montreal, 1 p.m.
Saskatchewan at Edmonton, 4:30 p.m.

SCORING LEADERS

(x — scored two-point convert):

	TD	C	FG	S	Pts
Whyte, Mtl	0	41	33	10	150
Medlock, Ham	0	39	33	4	142
McCallum, BC	0	35	33	5	139
Palardy, Wpg	0	27	30	4	121
Paredes, Cal	0	33	24	5	110
Prefontaine, Tor	0	19	25	5	99
Duval, Edm	0	17	14	15	74
Richardson, Mtl	10	0	0	0	60
Schiavone, Edm	0	9	13	2	50
Cobourne, Ham	8	0	0	0	48
T.Edwards, Wpg	8	0	0	0	48
Getzlaf, Sask	8	0	0	0	48
Milo, Sask	0	19	9	1	47
E.Johnson, Sask	0	11	10	5	46
Q.Porter, Ham	7	0	0	0	42
Stala, Ham	7	0	0	0	42
Whitaker, Mtl	7	0	0	0	42
Brown, BC	6	0	0	0	36
Cornish, Cal	6	0	0	0	36
Diedrick, Mtl	6	0	0	0	36
Dressler, Sask	6	0	0	0	36
Foster, BC	6	0	0	0	36
Simon, BC	6	0	0	0	36
Stamps, Edm	6	0	0	0	36
C.Williams, Ham	6	0	0	0	36
Bratton, Mtl	5	0	0	0	30
Bruce, Ham-BC	5	0	0	0	30
Bryant, Cal	5	0	0	0	30
Joseph, Edm	5	0	0	0	30
Kackert, Tor	5	0	0	0	30
x-Messam, Edm	4	2	0	0	26

NHL

PRE-SEASON

Yesterday's result
At Zug, Switzerland
EV Zug 8 N.Y. Rangers 4
Sunday's results
Detroit 3 Pittsburgh 2
Washington 4 Chicago 1
At Bratislava, Slovakia
N.Y. Rangers 4 HC Slovan 1
Today's games
All Times Eastern
Anaheim vs. Jokerit (at Helsinki), 12 p.m.
Los Angeles vs. Hamburg (at Hamburg, Germany), 1 p.m.
Buffalo vs. Adler Mannheim (at Mannheim, Germany), 1:30 p.m.
END OF 2011 NHL PRE-SEASON

TENNIS

ATP-WTA CHINA OPEN

At Beijing
MEN
Singles — First Round
Kevin Anderson, South Africa, def. Andy Roddick (6), U.S., 6-4, 7-5.
Marin Cilic, Croatia, def. Wu Di, China, 6-2, 6-0.
Feliciano Lopez, Spain, def. Marsel Ilhan, Turkey, 6-2, 7-6 (6).
Fernando Verdasco, Spain, def. Michael Llodra, France, 6-2, 6-4.
Florian Mayer, Germany, def. Albert Ramos, Spain, 6-2, 6-4.
Flavio Cipolla, Italy, def. Alexandr Dolgopolov, Ukraine, 6-1, 1-6, 6-0.
Doubles — First Round
Tomas Berdych, Czech Republic, and Florian Mayer, Germany, def. Mariusz Fyrstenberg and Marcin Matkowski, Poland, 7-5, 6-3.
WOMEN
Singles — First Round
Caroline Wozniacki (1), Denmark, def. Lucie Hradecka, Czech Republic, 3-6, 6-0, 7-5.
Zheng Jie, China, def. Alberta Brianti, Italy, 4-6, 6-1, 7-5.
Maria Kirilenko, Russia, def. Julia Goerges, Germany, 7-6 (9), 6-3.
Klara Zakopalova, Czech Republic, def. Nadia Petrova, Russia, 6-3, 6-7 (3), 6-1.
Virginie Razzano, France, def. Gisela Dulko, Argentina, 6-2, 6-3.
Flavia Pennetta, Italy, def. Peng Shuai, China, 7-6 (6), 7-5.
Second Round
Sofia Arvidsson, Sweden, def. Petra Kvitova (5), Czech Republic, 7-6 (8), 4-6, 6-3.
Dominika Cibulkova, Slovakia, def. Francesca Schiavone (7), Italy, 6-2, 6-2.
Ana Ivanovic, Serbia, def. Svetlana Kuznetsova (16), Russia, 6-2, 6-3.
Tamira Paszek, Austria, def. Petra Cetkovska, Czech Republic, 1-6, 6-4, 6-2.
Doubles — First Round
Victoria Azarenka, Belarus, and Maria Kirilenko (5), Russia, def. Monica Niculescu, Romania, and Anastasia Rodionova, Australia, 7-5, 7-6 (3).
Iveta Benesova and Barbora Zahlavova Strycova (6), Czech Republic, def. Sabine Lisicki, Germany, and Sam Stosur, Australia, 7-6 (4), 4-6, 10-7 (tiebreak).
Daniela Hantuchova, Slovakia, and Agnieszka Radwanska (8), Poland, def. Chuang Chia-jung, Taiwan, and Olga Govortsova, Belarus, 7-6 (5), 6-1.
Anabel Medina Garrigues, Spain, and Anastasia Pavlyuchenkova, Russia, def. Nuria Llagostera Vives and Arantxa Parra Santonja, Spain, 7-6 (3), 7-5.
Raquel Kops-Jones and Abigail Spears, U.S., def. Eleni Daniilidou, Greece, and Mariya Koryttseva, Ukraine, 6-2, 7-5.
Hsieh Su-wei, Taiwan, and Galina Voskoboeva, Kazakhstan, def. Vera Dushevina, Russia, and Shahar Peer, Israel, 6-4, 6-3.

ATP RAKUTEN JAPAN OPEN

At Tokyo
Singles — First Round
Mardy Fish (4), U.S., def. Ryan Harrison, United States, 6-4, 3-6, 7-5.
Radek Stepanek (7), Czech Republic. def. Somdev Devvarman, India, 6-4, 6-3.
Matthew Ebden, Australia def. Pablo Andujar, Spain, 6-7 (4), 6-4, 6-4.
Marco Chiudinelli, Switzerland, def. Guillermo Garcia-Lopez, Spain, 6-1, 4-6, 6-4.
Doubles — First Round
Tatsumi Ito and Kei Nishikori, Japan, def. Christopher Kas, Germany, and Alexander Peya (3), Austria, 4-6, 6-4, 10-4 (tiebreak).
Robin Haase, Netherlands, and Viktor Troicki, Serbia, def. Alex Bogomolov, Jr., U.S., and Juan Monaco, Argentina, 6-7 (4), 6-4, 10-5 (tiebreak).

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Kansas City	32	11	9	12	47	40	45
Philadelphia	31	10	7	14	41	34	44
Columbus	32	12	12	8	38	41	44
Houston	32	10	9	13	40	40	43
New York	31	8	7	16	47	42	40
D.C. United	30	9	10	11	46	46	38
Chicago	31	7	8	16	40	40	37
Toronto	32	6	13	13	33	56	31
New England	31	5	14	12	35	51	27

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-Los Angeles	31	18	3	10	46	23	64
x-Seattle	31	16	6	9	51	33	57
x-Real Salt Lake	31	15	10	6	43	32	51
Dallas	31	13	11	7	36	34	46
Colorado	32	11	9	12	42	40	45
Portland	31	11	13	7	38	44	40
Chivas USA	32	8	12	12	40	39	35
San Jose	31	6	11	14	33	40	32
Vancouver	30	4	16	10	29	50	22

x — Clinched playoff berth.
Note: Three points for a win, one for a tie.
Sunday's results
Portland 1 Vancouver 0
Columbus 2 D.C. United 1
Philadelphia 1 Chivas USA 1
Tonight's game
All Times Eastern
Los Angeles at New York, 8 p.m.
Thursday's game
Real Salt Lake at Vancouver, 9:30 p.m.

ENGLAND

PREMIER LEAGUE

Team	GP	W	D	L	GF	GA	Pts
Man United	7	6	1	0	24	5	19
Man City	7	6	1	0	23	5	19
Chelsea	7	5	1	1	17	8	16
Newcastle	7	4	3	0	9	4	15
Liverpool	7	4	1	2	10	8	13
Tottenham	6	4	0	2	11	10	12
Aston Villa	7	2	5	0	9	5	11
Stoke	7	2	3	2	4	8	9
Norwich	7	2	2	3	7	10	8
Swansea	7	2	2	3	6	9	8
QPR	7	2	2	3	5	13	8
Fulham	7	1	4	2	10	7	7
Everton	6	2	1	3	6	8	7
Wolverhampton	7	2	1	4	6	10	7
Arsenal	7	2	1	4	10	16	7
Sunderland	7	1	3	3	9	8	6
West Brom	7	1	2	4	5	10	5
Wigan	7	1	2	4	5	11	5
Blackburn	7	1	1	5	8	17	4
Bolton	7	1	0	6	9	21	3

Sunday's results
Bolton 1 Chelsea 5
Fulham 6 Queens Park Rangers 0
Swansea 2 Stoke 0
Tottenham 2 Arsenal 1

ITALY

SERIE A

Sunday's results
Novara 3 Catania 3
Cesena 0 Chievo Verona 0
Fiorentina 1 Lazio 2
Lecce 0 Cagliari 2
Palermo 2 Siena 0
Parma 3 Genoa 1
Udinese 2 Bologna 0
Juventus 2 AC Milan 0

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Miscellaneous

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$40,000.00	$1,200.00	$160.00	$1,040.00
$60,000.00	$1,800.00	$240.00	$1,560.00

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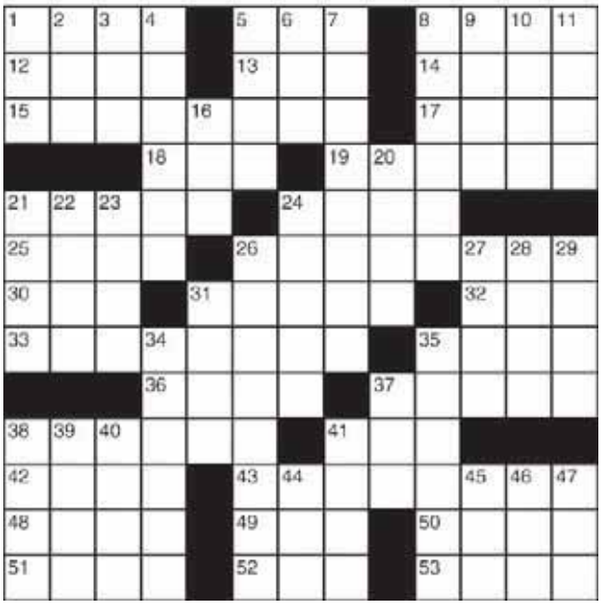
Crossword



Across

1 "Zounds!"
5 Not operating
8 Pump or oxford
12 Long story
13 Squeezing snake
14 Day fraction
15 Athletic awards
17 Deserve
18 Stone in a peach
19 Raspy
21 Induces ennui
24 Half-quart
25 Always
26 Long-short feet, in poetry
30 Started
31 Actor Michael
32 Conk out
33 Woes
35 Paddock papa
36 Requirement
37 Say
38 Carlsbad attraction
41 Sis' counterpart
42 Operatic solo
43 Streetcars of a sort
48 Slapstick arsenal
49 A billion years
50 Concept
51 Vortex
52 Place for 15-Across, maybe
53 "Cut it out!"

Down

1 Superlative suffix
2 Needlefish
3 Past
4 Sharply dressed
5 Last write-up
6 Adversary
7 Couturiers' styles
8 Scabbard
9 Frost
10 Yours and mine
11 Sea eagle
16 Towel designation
20 Formerly
21 Hit hard
22 Finished
23 Change the decor
24 Used a crowbar
26 Having a flair for
27 Rewrite, maybe
28 Green land
29 Crystal gazer
31 Trucker with a radio
34 "— lies the head ..."
35 Emotionless
37 Web address, for short
38 Part of a Superman costume
39 Sahara-like
40 Fought (for)
41 German city
44 Fish eggs
45 Tokyo's old name
46 Longing
47 Took a chair

▶ Yesterday's answer

Sudoku

	2		3	1	8		7	
4								3
		8				6		
7	3		2		9		4	8
				4				
8	4		5		7		2	1
		3				8		
5								9
	8		4	9	5		6	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

3	6	2	4	5	1	8	7	9
5	9	4	7	3	8	1	2	6
1	8	7	6	9	2	4	5	3
8	7	6	9	2	4	3	1	5
4	5	3	1	8	7	6	9	2
2	1	9	3	6	5	7	4	8
7	2	5	8	4	3	9	6	1
6	3	1	5	7	9	2	8	4
9	4	8	2	1	6	5	3	7

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Julien
Hey you, I just wanted to let you know that each day I spend with you is the best day. I miss you the second you leave. Lots of special kisses & hugs. xo
FROM MAH

Chelsea (cupcake)
No matter where you are, or what your doing I will always be here for you. I spent my whole life giving up, I'm not giving up on you. You mean so much to me, and all I ever wanted to do was make you happy and see you smile. I'll never be mad at you, and having you in my life means so much. We have some history. Moments Frozen in Time. I Love you, your my bestest friend! Always xo
FROM J.J. MUFFIN

L..ife
lost without you...missing you a lot.
FROM LOST SMILE

Today 18°/9° Partly cloudy
Wednesday 18°/7° Sunny
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You are about to make a huge decision. Don't worry that you might get it wrong, worry only that if you lose your nerve the chance might pass you by forever. Be bold.

♉ Taurus April 21-May 21 There is a lot of tension in the air and it won't depart until Thursday.

♊ Gemini May 22-June 21 You can be quite emotional at times and that side of your personality will be to the fore today.

♋ Cancer June 22-July 22 It might be wise to play safe, for now.

♌ Leo July 23-Aug.23 You may be a life-affirming Leo but a little caution is no bad thing.

♍ Virgo Aug. 24- Sept. 22 Set the record straight about what you've been up to and to point out how critics have jumped to conclusions a bit too easily.

♎ Libra Sept. 23-Oct. 23 You must tell the truth today, even if by doing so you cause yourself a certain amount of grief.

♏ Scorpio Oct. 24-Nov. 22 Why do you fear the worst for no good reason?

♐ Sagittarius Nov. 23-Dec. 21 Important arrangements may have to be changed at the very last moment but you will profit in numerous ways.

♑ Capricorn Dec. 22-Jan. 20 What you gain over the next few days will more than make up for what you have lost in recent weeks.

♒ Aquarius Jan. 21-Feb. 18 A relationship that has fallen into a rut of late can be re-energized, but you have to make the first move.

♓ Pisces Feb. 19-March 20. You don't have to be completely open about what you are doing — it's probably best to play your cards close to your chest.

SALLY BROMPTON

Caption contest

VADIM GHIRDA/THE ASSOCIATED PRESS

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WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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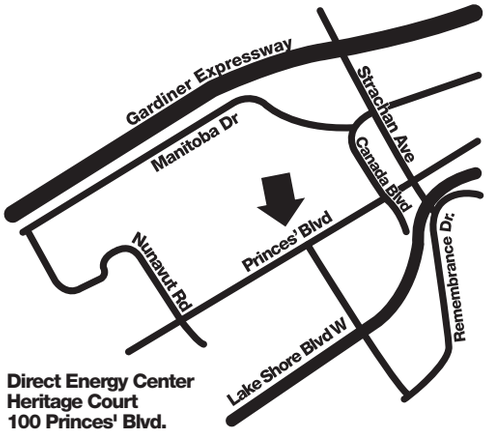

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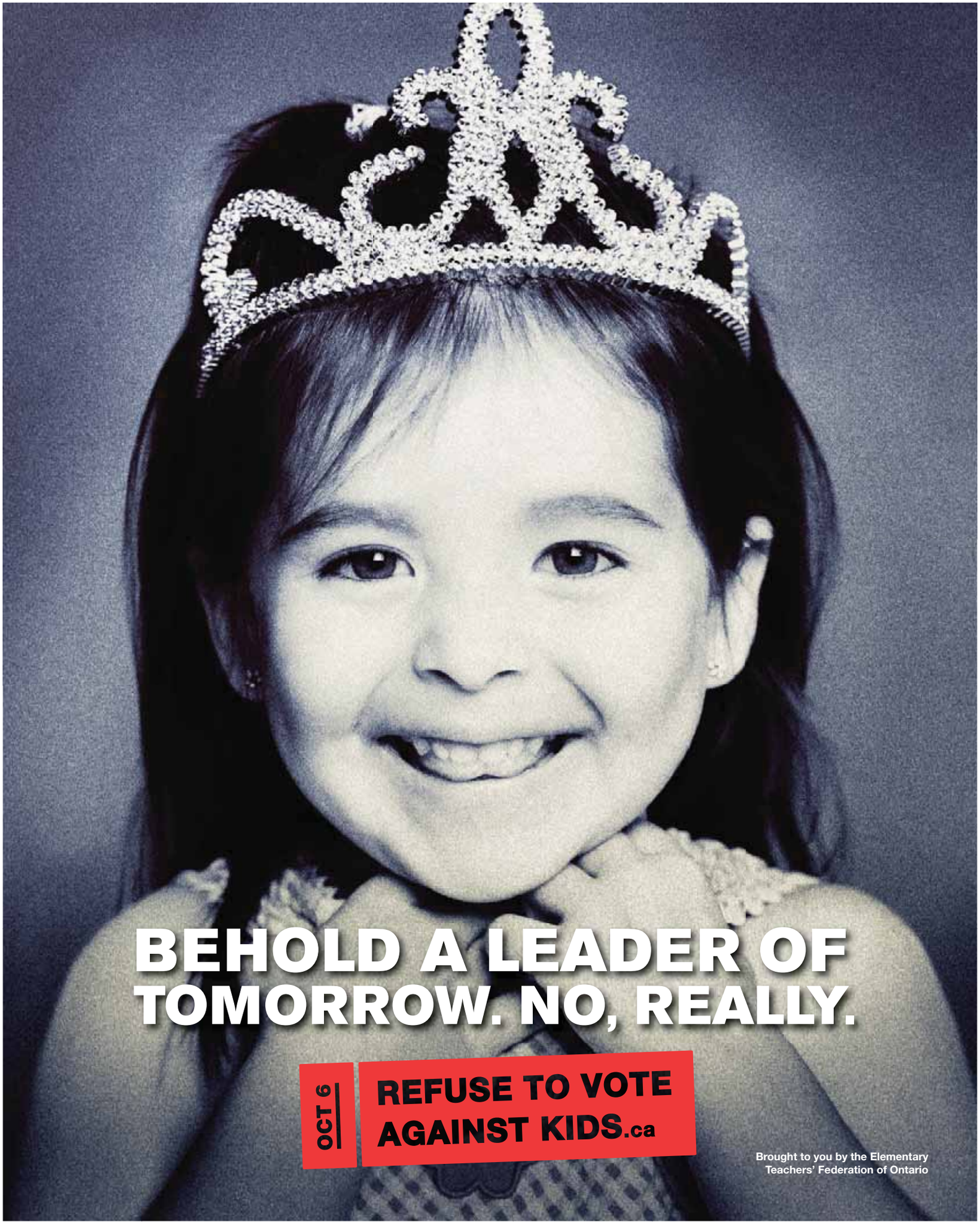
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